3 1761 06704899 1

Digitized by the Internet Archive
in 2007 with funding from
Microsoft Corporation

http://www.archive.org/details/medicaltreatiseo00hayeuoft

MNH

A MEDICAL TREATISE

ON

NERVOUS AFFECTIONS.

THE RESULT OF AN EXTENSIVE EXPERIENCE
IN THE TREATMENT

OF

NERVOUS DISORDERS.

BY

ALBERT H. HAYES, M. D.,

Author of "Science of Life;" "Physiology of Woman and her Diseases;" "A Treatise on the Diseases of the Throat and Lungs;" Chief Consulting Physician of Peabody Medical Institute; Late Surgeon of the U. S. A., etc.

9/2/06
68346

BOSTON:
PUBLISHED BY THE PEABODY MEDICAL INSTITUTE,
No. 4 Bulfinch Street.

Entered according to Act of Congress, in the year 1870, by
ALBERT H. HAYES,
In the Office of the Librarian of Congress at Washington.

TO

W. H. PARKER, M. D.,

Assistant Physician of the Peabody Institute, Lecturer on the "Pathology of the Nervous System," etc., etc.

My Dear Sir:

I am perfectly aware that the dedication of a book to a gentleman like yourself, whose high professional standing and literary attainments have stood the test of a scrutinizing public so many years, must be considered a trifle. Still you will allow me to add my mite to the many proofs you have received from the profession and the public, bearing testimony to their high appreciation of your distinguished services and genius. I should indeed be ungrateful were I to allow any opportunity to pass without acknowledging the great assistance you have afforded me in my inquiries into the many abstruse and difficult subjects connected with the higher branches of medical science, during the past six years I have had the great advantage of enjoying your uninterrupted friendship; and above all, the invaluable services, untiring zeal, the GREAT SKILL AND ABILITY exhibited by you whilst paying the most devoted attention to an enormous practice confided to your care during my late sojourn in Europe.

Believe me,

With great respect and esteem,

Your ever grateful friend,

A. H. HAYES.

PREFACE.

The observations which I now publish, have been collected during an attendance upon numerous cases of nervous diseases. Many years ago, my attention was specially directed to the treatment of these affections, from witnessing the original and successful treatment of C. E. Brown-Sequard, of Paris. The simplicity and success of the treatment originated by that learned professor, at once attracted my attention. I had seen cases treated for years by physicians of eminence and renown without more than temporary relief, to say the best, perfectly cured by Brown-Sequard in a few weeks.

I placed before the Profession of America the mode of treatment, the success of which I had witnessed; and being the first in this country to call attention to the subject, I have, in consequence, been consulted by a great number of patients suffering from nervous diseases; and my practice has, during the past few years, increased to an almost incredible extent.

There is scarcely a form or variety of nervous disorder that has not repeatedly come under my personal observation. These unusual advantages, have, I trust, enabled me to make a few observations which will be found useful in practice. I have much reason to believe that if many of the principles I have

endeavored, in this little volume to inculcate, had been thoroughly understood and attended to, much of the misery I have been called upon to relieve would have been prevented.

In the composition of this book it has been my aim to be as concise as possible, and to say nothing more than was necessary to illustrate the subject. Had my purpose been a large volume, I could have with ease, greatly increased the number of these pages; but, having no such object in view, I have confined myself to the detail of such facts as appeared to me to have escaped the attention of others. Many of my descriptions, I felt, would be rendered much more intelligible, by the introduction of letters from the patients themselves; I have therefore introduced such to illustrate those points which appeared to me to require such modes of illustration.

Much of what I have published may be found at variance with established opinion, and will, I have no doubt, meet with considerable opposition. If what I have written should prove useful, and direct the attention of the profession, to that much neglected class of affections, vaguely comprehended under the term "*Nervousness*," my object will be attained.

PEABODY MEDICAL INSTITUTE,
No. 4 Bulfinch Street,
opposite Revere House, Boston.

Chapter I.

Elements of the Mind — Immateriality of the Mind — Where is the Seat of the Soul? — Not the Whole Body — Not the Heart — The Opinion of the Old Hebrews — Proofs that the Brain is the Seat of the Soul — The Nerves have their Root in the Cerebral and Spinal Brain — Causes of Nervous Diseases and Insanity, etc.

Mind and matter are the acknowledged elements of man. The attempts of Lawrence, the copyist of more learned but less rash pathologists, to establish the exclusive materialism of man, have been justly execrated by the enlightened of all classes. This has been done upon correct principles; for we are as certain of the existence of spirit as of matter; the former was known by consciousness, which is always infallible; the latter by our senses, which may be mistaken.

But the question is often asked, in what part of the body does the soul dwell? To this some have replied, it pervades the whole body. Then, if an arm or leg be amputated, a piece of the soul equal in dimensions to the amputated limb is cut off also.

The Hebrews believed that the heart was the seat of the soul. "Thy Word have I hid in my heart that I might not sin against

Thee." The primitive Christians entertained the same opinion. "With the heart man believeth unto righteousness," etc.

These were some of the scriptural arguments used. But as inspired writers were not sent to correct false opinions in science, they always spoke in the popular language of the nation when discoursing on these subjects.

Consciousness and the termini of our sensations demonstrate the brain to be the seat of the soul.

It is not, therefore, from the heart the commands of the thinking power issues; nor from the heart the power goes forth which moves the muscles, bones and limbs. No, it is from the brain the orders are issued. From the brain the power proceeds that makes every sense, every muscle, every joint, obedient to the volitions of the mind.

Each distinct nerve, each pair of nerves or system of nerves, has its root in the cerebral or spinal brain.

The nerves that take their rise from the posterior column of the spinal marrow, are for sensation; those from the anterior column for voluntary motion; and those from the middle

column of the spinal marrow are destined to regulate the respiratory movements. The gustatory nerves rise from the cerebral brain, and take cognizance of tastes; the optic nerves are constructed for the perception of light; and the accoustic nerves to take cognizance of the vibrations of the air or sounds.

Every pair of nerves has its separate function to perform on its own exclusive sense, muscle, ligament, organ, viscera, etc.

This association of each nerve with its appropriate function was not formerly understood; The opinion of pathologists was, that all nerves were essentially the same. That if a nerve of sensation were attached to a muscle, it would become a nerve of muscle; or if the optic nerve were distributed over the ear, it would become a nerve of hearing.

The organ of the brain, therefore, which appears to consist of an unit, is in fact an aggregate of parts, each closely resembling the other in structure, though each part is essentially distinct and designed to perform a different function — a function for which it is particularly prepared.

But this mental apparatus appears to be

sometimes in disorder. The eye sees manifestations, the ear hears sounds the air never vibrated; sensations are supposed to be felt which the nerves could never have transmitted to the brain; and the muscles exhibit movements which the volitions never commanded.

On the subject of nervous or mental disease there is a question of some importance still at issue. What is the cause of nervous disease or insanity? Does it originate in the mind or brain? Is it the mind which operates that is diseased, or the organ of the brain by which the mind operates? Does not the brain merely demonstrate the soul's existence and develop its capabilities?

It has been the general opinion of all classes, in all ages, and of medical men especially, that the mind is the seat of the disease.

This is still the general opinion of the public and of medical men who are not materialists or phrenologists.

But general as this opinion has been among all classes of Christians, and common as it is still, I hesitate not to say that every one who believes it is an advocate for the doctrine of materialism, and therefore an enemy to Chris-

tianity. If the mind be liable to, or capable of disease of any kind, it must be subject to true religion. And we fear that with all our vaunted improvements in knowledge, it will now be rejected by some from the want of a clear perception, and opposed by others on the mere ground of novelty.

Behold the chief argument for the old theory!

If we refer the diseases of the mind to a bodily cause, we confound mind and matter and teach that the brain is mind, and thereby destroy the strongest proof of the soul's immortality. No, it is not the new theory but the old one that destroys the strongest evidence of the soul's immortality.

The immortality of the soul admits of proof on the principles advocated by Baxter, and on the new ground of evidence occupied by Drew. But if we abandon all metaphysical and mathematical deductions in support of his doctrine, and rest all evidence of the soul's immortality on the testimony of the Holy Scriptures, it will be impossible to draw any satisfactory or tenable conclusions which will not harmonize with our theory,

Chapter II.

Connection between the Brain and the Soul — The *Modus Operandi* of the Mind — The Mind develops itself by the Brain *correctly*, if in health; *incorrectly*, if diseased — The Brain is the Seat of *Thought*, *Consciousness*, *Feeling*, *etc.* — Very interesting developments of the working of the brain under different Mental Changes, Etc.

The relation which the mind bears to the organ of the brain, has been supposed to be capable of illustration by a familiar analogy, an exquisitely fine musical instrument operated upon by a superior performer.

We admit that this is but a very imperfect picture of the *modus operandi* of the soul on the organ of the brain. It may, however, assist us.

The brain is of itself a curiously constructed organ; but it is incapable of originating any operation itself, or of continuing it when originated, or of finishing it when continued, as a piano-forte.

The soul is, therefore, dependent on the brain for the means of manifesting its existence, and is as much limited and regulated in its manifestations by the superior or inferior structure of the brain as the performer is by the quality of his instrument. A good per-

former cannot play well on a bad instrument, or go through his piece well, if his instrument, though good, be out of repair.

From similar causes the soul, though it retains its native capability, will appear to disadvantage if the brain is diseased.

This inseparable connection between the soul as the rational performer, and the brain as the instrument by which it performs all its acts, renders it necessary that the reader should be made acquainted with the pathology of the brain.

PATHOLOGY OF THE BRAIN.

The whole cavity of the skull is filled with the brain and the membranes in which it is enveloped.

The brain is the seat of thought, consciousness and feeling. The nerves of sensation which are distributed all over the body, convey the impressions they receive immediately to the brain. And from the brain are issued all the commands of the WILL, which are transmitted by the nerves of volition to every part of the body for all purposes for which the WILL can employ organs, senses, muscles, passions, and other mental and bodily powers.

Every part of the human body is curiously and wonderfully constructed; but the organization of the brain is more complex and curiously wrought than any other part, and is in proportion less understood.

When the upper part of the skull is removed, a strong membrane is found which lines all the inner surface. This membrane is called the *dura mater*. When this is removed we come to the brain, which appears to consist of or to be arranged in windings or convolutions.

A mass of fibres, called *corpus callosum*, connect together in a most curious way the two hemispheres of the brain. Each half or hemisphere is divided at the base into three parts, one called the anterior lobe; another, the middle lobe; the third the posterior lobe. The anterior lobe lies before the ears and occupies the forehead. The middle lobe is the space above the ears and a little in front of them; and the posterior is the whole substance of the brain, occupying the back part of the skull.

Beneath the posterior lobe is a strong membrane, part of the *dura mater*, called *tentorium*,

which is continued horizontally to support this lobe and separate it from the *cerebellum* or little brain lying below it. The *cerebellum* or little brain constitutes the last main division of the contents of the skull. The convolutions or windings of this part of the brain differ in size and appearance from those of the other parts of this important organ. There is also a membrane that adheres to the surface of the convolutions, which descends into and lines the spaces between the convolutions; it is of a very fine texture, and is called *pia mater*. The blood-vessels which go to the brain branch out so extensively on the *pia mater* as to render it probable that its use is to prevent the blood being impelled too strongly to the brain.

There is a third covering of the brain, which from its delicate texture, resembling a spider's web, is called the *archnoid membrane*.

The convolutions of the brain vary in different heads in size, depth and appearance. This difference is common to every part; but in various departments of the same brain, the analogies of proportion are not equal, though in all there is a general or similar appearance.

The convolutions are always small and numerous in the anterior lobe, and larger and deeper in the posterior, or lobe at the back of the head.

The thick cord or root springing from the base of the brain is named the *medulla oblongata*, or oblong portion of the spinal marrow, which is continued downwards and fills the cavity of the spine or backbone.

As an additional proof of the imperfect state of medical science, we cannot forbear to state the fact that some, and not a few, suppose the brain to proceed from the spinal marrow, while others have supported the opinion that the spinal marrow proceeds from the brain.

It is admitted that the two are the same substance. But not until within a few years has it been satisfactorily demonstrated that the spinal marrow proceeds from the brain. This, as it is well known, I was the first to discover.

The long flat nerves which extend on the surface of the front lobe, are the *olfactory*, or nerves of smell going to the nose. The round thick nerves near the roots of the *olfactory* are optic nerves, going to the eyes. Then there

are the *motor* nerves which go to the muscles of the eye-balls. Behind these is a fifth pair, which are called *Pons Varotii*, or bridge of Varotius; they divide into three branches each and go to different parts connected with the head and face, and upper and under jaw; they are nerves of sensation and motion; one branch ramifies on the tongue, and is the nerve of taste; others ramify on the teeth, glands, and skin, and give them sensibility. The seventh pair are called *auditory* and go to the internal parts of the ears and give the sense of hearing. The eighth pair are called *pneumogastric* and ramify on the windpipe, lungs, heart and stomach, and are of great importance to the voice, respiration, heart and digestion.

These are the chief nerves connected with the brain. The nerves which go to the trunk of the body and extremities issue chiefly from the spinal marrow.

The supply of blood to the head is in much larger quantities in proportion than to the other parts of the human frame.

The brain which is the admitted organ of the mind, and is the instrument by which it

develops, and accomplishes its various purposes, is of exquisite delicacy and partakes of all the qualities of the human frame; it is under similar influences and liable to similar changes; it may be enfeebled, and it may be strengthened; it may be diseased, and it may be cured. This is the basis of our theory.

The inseparable connection between the acts of the mind and the organized substance of the brain and nerves is beautifully confirmed and illustrated by a few facts detailed by Dr. Pierquin. "In one of the hospitals," says the Doctor, "in Montpelier, there was a patient, part of whose skull had been removed so that I could distinctly see the changes that took place in the organ of the brain under different mental influences. When this female patient was in a dreamless sleep, the *brain* was motionless, and lay within the cranium; but when agitated by dreams it was in motion, and actually protruded without the skull; and in dreams she represented as more vivid than others, the brain was still more brought into action; and this motion was increased still more when awake and engaged in lively conversation."

Chapter III.

Nervous diseases in all ages — All classes liable to them — They are the causes of the greatest miseries — Their prevalence in America and probable cause — The intellectual most liable to nervous diseases — Confounded with other complaints — Arranged under fine designations — Cases referred to J. C.

Nervous or mental diseases have prevailed in all ages, and now more than ever before constitute the chief cause of *silent wretchedness*, suicides, insanity and death.

They inflict on man a greater variety of intense misery than arises from any bodily complaints.

These causes are confined to no particular classes of society. Men of all ranks in society, in the army and navy, every grade of ecclesiastical and forensic orders, literary men, merchants, manufacturers, tradesmen, mechanics, even servants suffer all the sad varieties mental or nervous woe*. Neither honor, prosperity, wealth, climate, active pastimes or labor in the air, domestic harmony, marriage, religion, travelling, exempt any order of society from liability to nervous afflictions.

---

* From all these classes applications have been made to us.

But there are localities where these disorders most abound. This idea has attached itself so strongly to the public mind, in relation to our country, as to induce very high medical authority to designate nervous diseases, "The American Malady."

The Americans exhibit particular features of character attributable only to the climate of their country.

The slow moving inhabitants of a Dutch village and the quick stirring tenants of France are equally controlled, in the features of their characters, by the difference of the climates of their respective localities; and the tendency to nervous diseases in America, may, perhaps, be as justly attributed to the peculiarities of our geographical position as to our habits of speculation, excesses in the use of whiskey, late hours of refreshment, and of leaving our chambers late in the morning, hot rooms, extreme sensibility induced by extra refinements in education, and the general association of the sexes in society.

These diseases also prevail among some classes of society to a greater extent than they do among others.

The ardent student in science and languages, the imaginative, the speculative, the extravagant, the gamester, the penurious, the amative, the unfortunate, the unoccupied, the disappointed, the deserted, the onanist, the sympathetic, the inebriated, the lonely, the neglected, and the oppressed of both sexes supply the greatest number of nervous patients.

Those who possess the highest degree of mental capability and sensitiveness in every family *of all ranks and classes of society*, are those who usually fall the victims to mental affliction. And it is not impossible that their superior *capabilities* and higher cultivation associated as these things usually are, with amiable and exquisite sensibility, or an easily excited system furnish the pre-disposing causes to all the evils of the tormenting complaint.

This disease must be distinguished from some with which it is often confounded. St. Vitus' Dance, tic-doloreaux, epilepsy, deafness, noise in the ear, ear-ache, stammering, etc., are often called nervous diseases. Admitting that they are, they are not mental diseases, though we treat and cure them.

It is not our intention now to write on In-

sanity. If our plan had embraced this extreme point, this issue of nervous diseases, it would have afforded us an opportunity of throwing some new light on this disease, and of referring to incontrovertible facts in support of our theory, and of our power of curing it.

We have had none out of all the cases under our care, which we have not or could not have cured if the patients had been enabled by their friends to have enjoyed the full benefits of our advice and treatment.

We shall confine our attention in this chapter to the symptoms of nervous or mental diseases, and shall distribute them under five general designations:

OPPRESSION, CONFUSION, DELUSION, EXCITEMENT, AND DIMINUTION.

Numerous and various as the symptoms of these diseases are, and deficient as all writers have been in their classification of them, we presume that under these designations, the reader will find nearly all of them methodically arranged.

OPPRESSION.

The brain, as every other elastic substance, is liable to suffer from oppression. Not from

external agencies only, as by the gravity of a tangible body, but from its union with the soul, and its susceptibility of the influence of the mind.

The chief agencies of this opprension are sleep, fear, destitution, despair, etc.

The brain, under the influence of these agencies, sinks, and its volume diminishes. This pathological phenomenon was strikingly illustrated in the presence of Professor Blumenbach. Part of the skull of a woman having been removed by a casualty, the Professor watched the operations of the brain. Sleep came on. The moment this agent exerted its power the brain sank; it fell below the surface of the skull. But the moment this oppressive agent withdrew its influence she awoke, and the blood was seen to rush through all the vessels and to swell the brain again to its former volume. Oppressive agencies are many. Bereavement, disappointed hopes, loss of property, failure in business, mortified ambition, unrewarded merit, perplexities in religion, tyranny, neglect, poverty, anxiety, extreme carefulness, bodily disease, the absence of persons beloved, excessive indulgences, extreme

excitement, long continued watchfulness, fatigue, etc., are oppressive agencies, under the influence of which nervous diseases often originate, or if they exist, the symptoms are aggravated. Nor is the system of depletion, as bleeding, leeching, cupping, seatons, drastic cathartics, etc., less likely to produce the evils of nervous oppression or to aggravate them than any of the above agencies.

Misconceptions on religious subjects sometimes produce oppression. God's foreknowledge, and the doctrine of predestination appear, if metaphysically considered, as they do if viewed through the medium of the Holy Scriptures, to be so blended as to be inseparable. In fact, but one difficulty attaches to the belief of both, which is the probable impossibility of determining which of the two precedes the other.

Admitting the inseparable connection between God's foreknowledge and the doctrine of Predestination, it does not follow, either on metaphysical or scriptural principles, that the doctrine of Reprobation is true. Supra-lapsarians maintain that God Almighty decreed the damnation of an unknown number out of

the *pure mass of creatureship* irrespective of their transgressions of His law. Bucker, Dr. Crisp, Dr. Gill, Topeday and others embraced this doctrine — Calvin did not.

The apprehension or fear of being one of these reprobates, is the source of extreme nervous oppression in multitudes of cases.

That they have committed the sin against the Holy Ghost, has been no less the subject of fear. But as this sin consisteth in ascribing to *diabolical agency*, the miracles *they saw* performed by Christ and his apostles, it has not been possible to commit it, since apostolical miracles ceased.

The death of Mrs. H.'s father and brother, and the painful affliction of her husband, Mr. H, constituted a burden which her mind could not bear. She sank oppressed by grief and remained melancholy and almost speechless for six years.

The professional assistance of Dr. Brown-Sequard was sought in Paris, but his best endeavors were of no avail. On her return to America, our professional aid was required. The means were used diligently, under our di-

rections and in eleven weeks, being perfectly restored, the means were discontinued.

Miss I. B. of Chelsea, by the injudicious management of her mother became wretched.

Mrs. T, was born in A, and though educated in America, retained the spirit of the East. Her daughters lived in chains. If invited to the house of their most respectable and intimate acquaintances, the mother forbade them to go unless she was invited. In a ball-room they were not allowed to walk with their partners. When dress was required the wardrobe of mamma furnished the articles. The eldest sank into habits of self-neglect, the second was immured in an asylum for years, the third sank oppressed, but was restored.

Mr. G—, of Dorchester has been a very active man, but became exceedingly nervous, neglected business, and was incapable of posting his ledger or writing a letter. In the midst of plenty he supposed that he had lost every shilling, and he had not the means left to pay for the medicine necessary for his cure.

Mr. L—, of Harrison Avenue, under circumstances of great mental oppression became almost incapable of prosecuting his occupation.

He had excelled as an artist but the splendor of his capabilities was much eclipsed by the state of his nerves, and doubts were entertained of the possibility of his recovery. But in a few months he was restored and became as well as ever.

Mr. B—, of Salem, had retired on ample property, but neither abundance, the comfort of his children, nor the consolation which the Christian doctrines he had long embraced, were calculated to inspire, were sufficient to preserve him from a nervous attack, under which he was heavily oppressed. Among numerous other symptoms of oppression, he imagined that all his property was wasted and that he, his daughters, and sons would die before the end of harvest, and that the property would not be found sufficient to pay for their funerals.

The Rev. John B—, of C—, became so enervated that besides being incapable of discharging his professional duties, he was confined by nervous depression in bed the chief part of the time; and when up was the unhappy subject of numerous sufferings arising from the loss of mental energy.

Mr. D—, of Quincy, for twenty-two months, by nervous depression was incapacitated for all business. This depression was accompanied with thoughts which he deplored *as wrong*, but from which he never could obtain deliverence by any other means than our treatment.

We forbear to name other sources of real and imaginary oppression. The same sunken train of thought, the same loadstone of wretchedness, the same unhappy expression of deep despair appear in the conversation of the oppressed of all classes.

Love of solitude, midnight wakefulness, dislike of society, a dread of being alone, gloominess in the midst of excitements or gaiety, weariness of life, dread of a future state of existence, thoughts of self-destruction, are only some of the sad symptoms of this class of nervous diseases.

And so exceedingly deep seated are these feelings that neither the intervals of repose, nor the excitements of travelling, nor the amusements of theatrical exhibitions, nor the bustle of the ball or assembly rooms, nor the weighty cares of the counting-house can divert the mind from its sorrows.

CONFUSION.

Confusion is the next designation under which we shall arrange other symptoms of mental or nervous disease.

This class of nervous symptoms is so clearly expressed by the designation under which they are to be arranged as to require no simplification.

The feelings included in this class, constitute the whole sufferings of some nervous patients. This confusion of mind is either constant or occasional. Some suffer from confusion in large assemblies only; others in the presence of their superiors; others on meeting relations, friends or acquaintances in the street or elsewhere; others on going into company.

Some suffer from confusion of thought *constantly* or in *all* situations. If alone or in society, if they read or write, to them the feeling of confusion is always present. If a chain of reasoning is pursued, they cannot follow it. If they attempt to originate a succession of thoughts on any subject, they are arrested in their progress by confusion. If

they try to comprehend an obscure sentence or study an abstract science, or even to solve a common theorem on a subject they have formerly well understood, the whole appears to them to be enveloped in a mist. They can neither decide what is beautiful or ugly in nature, language or art. What is right or wrong, what to do or what to omit, where to go or where to stay. If correct perceptions are formed, they cannot feel them so. If just decisions are given, they doubt their correctness. If proper resolutions are made, they have no fixed principles or power to carry them out.

Confusion of mind unfits a large class for common duties, and a larger class for more important functions. It imposes heavy loads of silent wretchedness, creates suspicions that are groundless, causes many talented and amiable members of all classes of society to burden their friends from imaginary incompetency, and occasionally causes so much disrelish for life as to induce them to long for its close.

The Rev. Mr. W. P., having made arrangements to marry, met with the works of the Hon. Robert Boyle. The Dissertation of this

writer on Matrimony convinced him, or he supposed that it convinced him, "That there is more misery in all tender connections than happiness."

Confusion of mind ensued. Perplexity and its sad consequences tormented him. "If I had never read Boyle," he often silently exclaimed, "I should never have felt this perplexity or known this confusion."

Mr. E—, an eminent attorney of New York, felt so confused when he had drawn pleadings, as to be incompetent to decide whether they were correct or not. In this state of uncertainty he went out of his office and was long kept in torment on the result. To obtain a cure he went the rounds of consulting all medical men of high reputation.

"Every new medicine, he said, was tried, but he remained unimproved."

When assured his complaint was nervous, and that he could be cured, he smiled, and retired to consult his family. They smiled also, at the probable impossibility of his being cured after such frequent attempts had failed. But he soon returned. "This," said he, "is my last chance of a cure." The first medical

men have done what they could, and ceased not till they acknowledged they could do no more for me.

In a fortnight he reported progress; "I am a little better." He continued to make similar reports from time to time, till he was perfectly restored to the same mental vigor he had before possessed. "I have lost," said he, "all that confusion of mind under which I had long suffered." I am no longer distressed with fear that I will misguide my clients."

Mr. —, of New Bedford, accompanied his son, whose mental condition was decided as unfitting him totally for his professional pursuits. "I have placed my son" said M—, "in a lawyer's office, with a view to make him a lawyer, but he has become so nervous that he has not been able to remain. My son will tell you his sufferings."

"I am," said the young man, "unable to conceive how words can be the image of thoughts. This has taken such a fast hold of my mind that I cannot divest myself of its constant influence; go where I will, the question follows me,—'How can words be the image of thoughts?' I take no pleasure in

society, nor like to meet friends or acquaintances. I cannot read in the office, or write, or attend to any professional duty. When I retire to my chamber, the question still haunts me; and when I awake in the night, it is still in my mind. In the morning I awake with it fresh in my recollection, and am tormented by it all the day," etc.

This young man was fully advised on the subject of his cure and furnished with means of recovery. And having followed our advice a month he reported sensible improvement. His father concurred in this opinion, and at length the young man saw clearly that the metaphysical question, which had taken such fast hold of his mind, was a point at issue among the learned, unsuitable for his discussion, and impossible for him to settle. He continued steady in the use of the external and internal means of cure, and to pay attention to every advice, until he and his father reported a perfect recovery. This was effected in about two months.

But confusion of mind exists under a thous and other forms, and from its influence over the mental powers, diminishes in numerous

cases, and destroys in some an ability for classical, mathematical, and all lower studies; for the composition even of letters, for keeping books of business, and for arranging family affairs, and for the execution of clerical and medical functions, and even for the common obligations of domestic life, shop-keeping and menial employment.

Chapter IV.

Excitement — Causes — Symptoms — Rashness of Napoleon I., caused by an excited brain — Lord Byron — Domestic quarrels — Supernatural appearances — Supposed sight of the Devil, etc. — Jealousy — Mr. F. believed plots were formed for his ruin etc.

EXCITEMENT.

The symptoms which range themselves under this class, arise from the nerves being stimulated beyond their healthy bounds. Under circumstances peculiarly favorable to the development of the working of the brain, it has been seen to exhibit signs of excitement, not less decided, but directly opposite to those which presented themselves in the case of oppression before named.

In all cases where the brain is excited beyond its healthy limits, the enlargement of its volume takes place. There are various causes of this pathological phenomenon. But it develops its presence, whatever may be the cause, either in storms of querulous vociferations, passionate gesticulations, oaths, vows, threats, declarations of intended personal or relative injury, in rending the dress, in tearing the hair, in pointing the dagger, in drawing the trigger, etc., etc.

At other times this phenomenon appears in the assumption of high characters; in the affection of great importance; in haughty manners; in the disdain of inferiors; in an assumed equality with the great; in the love of finery; in living too fast and in a style beyond their condition in society; in strong resentments and attachments; in great speculations; in enterprises of high importance; in vast undertakings; in projects of ambition, etc.

Among numerous illustrations of the power of an excited brain, our recollections bring before us the conflagration of the temple of Diana, for no reason but to afford Erostratus an opportunity of perpetuating the remembrance of his name.

Nor can we forget the rashness of the Emperor, who conducted his immense army at Moscow, with no other dependence for the safety of his vast army and himself but the *probable* absence of the frost, until he had gained his one great object,—the subjugation of the Emperor of the vast regions of Russia to his *ipse dixit.*

The attempt of a New York merchant to swim across Hell Gate was an act of less

temerity than the Emperor's, because he alone was involved in its liabilities, but it was an equal proof of an over excited brain. The fool who cast himself from the highest mast into the waters of a New York dock was no ordinary instance of the control which this pathological phenomenon exercises over the actions of man.

We forbear to detail numerous *domestic* developments of this excited state of the brain, which come under our notice; as a restless desire for change of dwelling, expensive furniture, dress, etc. Habits of extreme freedom in society, great levity and loud laughing, the love of frequent visiting and of making up parties of pleasure, going often to places of public amusement, making great promises and anticipating great enjoyments are a few symptoms that daily attach to the manners of many individuals of both sexes.

Mr. C—, of Jersey City, among other things supposed himself capable of making journeys through the air on his horse as fleet as a bird.

Captain T. L—, of Cape Cod, when excited made expensive and useless purchases, which involved him in difficulties and prepared materials for much subsequent depression.

Mrs. H—, of Lawrence, talked incessantly and to such an extent did she indulge in this habit, that her friends did not consider her amiable and charitable temper, and the talent she always displayed as equivalent to the annoyance of her garrulity.

Mrs. E—, of Lawrence, though deprived of many domestic comforts which she had enjoyed and was entitled still to expect, felt the excitement so powerfully as to indulge in sentiments of self-importance, and sometimes even to suppose herself an empress or a lady of some extraordinary rank.

DELUSION.

Delusions associated with the nervous system have often been named by anatomical writers in connection with the amputation of limbs. The man who has suffered the amputation of his leg, supposes for sometime after, that he feels the former sensation of his toes.

Suppose supernatural appearances may be in most, if not in all cases, justly attributed to diseased nerves.

Mrs. B., of Marlboro', on entering the house where the writer resided, soon after he left college, rushed into his study in a state of

frightful delusion, and said, "I have seen the devil on my way from Framingham, on the other side of the fence!" While she remained in the room, she suddenly looked round and exclaimed, "He (the devil) is behind me."

Mr. N—, of one of our banks, supposed himself to be an object of universal notice in the streets.

Mr. —, of Newton, imagined that as he walked from the depot to his office in Boston, a cobbler got on his shoulders near Boylston street, whom he was obliged to carry to the Old South Church, and that as he returned in the afternoon, the cobbler would always ride to the place where he was taken up in the morning.

Mr. —, at the head of the Medical Board at Hartford, supposed that he was as brittle as glass, and if touched, would probably crack and break, as glass. To prevent which, he always had, when on duty, a servant to guard him, that he might not be touched.

Mrs. —, of Providence, admitted that she had not the least reason for the opinion, but that she could not help feeling strong jealousy.

Mrs. C—, of Portsmouth, firmly believed, though otherwise in good health, that she was

dead, and that she died when she gave birth to her last child.

Mr. W—, of Malden, imagined that although his father was sitting by him, he was in fact confined in a cavern under a well in the yard, and that if he turned the hands of the clock the wrong way, he should be able to bring him out of it. And at another time, that his mother and sister decoyed people and murdered them to boil their flesh for his food, on which account he refused to eat meat of any kind. At another time, he supposed somebody was secreted in the house to murder him, and through this he would not leave his chamber, and often there, looked behind the chair from a fear that the intended assassin was hidden in the room.

Miss G—, of Clinton, not only believed that she was irrevocably lost, but said "that she desired damnation." She often repeated this sentiment; and on retiring one day, exclaimed, "I shall never see you any more. There is a storm coming, and as I go home, God will destroy me."

Mrs. —, of Dover street, though an intellectual, and in all other respects a superior

person, supposed herself a shadow, her children shadows, and the world an imaginary existence.

Mr. —, of Roxbury, supposed himself unnatural—half a *fiend* in his bodily form.

Mrs. L—, of D—, suffered extreme distress from reviewing every action of her life as tinged with every mark of impropriety, moral wrong and positive guilt.

Mrs. S—, of Gloucester, imagined she heard sounds the air never vibrated. Mr. J— imagined he saw objects which were never created. Mr. R— believed plots were formed for his injury — that his condition was known to everybody, and that he could appear nowhere but he was recognized as being a strange existence.

Chapter V.

Diminution — What this class includes — Irresolution, Indecision, Fear, Despair, etc. — They shrink from Society — Letters from Patients, etc.

DIMINUTION.

The absence of mental energy to execute whatever the will, the understanding, or the passions, have separate or jointly determined — irresolution — indecision — fear — despair — want of power to keep up or carry on a chain of reasoning, or to surmount common difficulties, or to break through habits of sloth, indolence and inactivity, are symptoms of nervous diminution.

Those who shrink from, blush or feel embarrassed in society, or in any other circumstances in which persons of firm nerves would not do, and all similar sufferers are victims of this diminished, this relaxed, this enfeebled state of the organ of the brain.

Those who are unable to employ the fleeting hour rationally and with the energies of mind necessary to human felicity, are nervous from diminution.

The absence of manly confidence, courage, fortitude, self-possession, a command of the

will and the affections, are sufferers from this class of organic diseases.

These mental deficiencies are found in all classes of society; and our advice and means of cure have been required even by Ministers of State, and from them through every grade of the community in America and the British Provinces, and even in England.

The Episcopal minister of —, Vermont, having long suffered from feelings of diminished mental power, arrived at a conclusion.— that, as he could not perform his clerical duties as he wished, and as he ought, it was his duty to resign his appointment. In this he consulted me on his way to California. He was assured that he might be cured, and dissuaded from the meditated journey and abandonment of his useful position in the Christian Church. Hope was raised in his mind, and he promised to call on his return to Boston. He did so, and availed himself of my advice, and the benefits of our discovery. The advantages which resulted will appear from the following extract of his letter:

B — Vermont, July 18th, 1870.

My Dear Doctor: — I dare say that you

expected to hear from me sooner tnan now, but I was prevented beginning the use of your medicines until a fortnight ago, which has been the cause of my silence. Before entering into any particulars, I think I may say safely that I am decidedly better since I began, in regard to my bodily health, while in regard to my appetite, digestion, and general comfort, I am considerably better. From these circumstances, I trust I am not judging precipitately, when I state my humble expectation that it will please Almighty God to bless your kind advice and medicines yet more extensively and permanently for my restoration to health.

I remain, my Dear Sir,

Yours Truly,

J. A. B

Rev. Mr. A—, of Rhode Island, suffered even more than the above-named clergyman.

The disordered state of this clergyman's nerves is described in the following note from Mrs. A—:

My Dear Doctor—Sir: I have read with much pleasure your advertisement, as it opens

to me the prospect of much comfort; particularly, as an acquaintance of ours in Providence was cured of a long standing nervous trouble, at the Peabody Institute, of which you are the chief physician. My husband, who possesses naturally a very nervous temperament, unfortunately encountered, about fifteen years back, many very distressing circumstances, which greatly increased the debility of his nervous system, and I regret to say that it has become more impaired every succeeding year, so that now it is truly distressing. I need hardly add that his spirits are very greatly depressed. He is upwards of sixty years of age, and I am afraid you will consider this circumstance unfavorable, etc.

I remain, etc.

May 6th, 1870.

Doctor: — I beg to thank you for the answer you have favored me with, and I am very happy to find that Mr. E — 's age is not likely to prevent ultimately his recovery. You will judge of the extreme depression of his spirits when I tell you that he is persuaded that his complaint is beyond the power of medicines.

. . . . I remain, etc.

PROVIDENCE, July 1, 1870.

SIR:—I am happy to say that the improvement which I named in my last letter, to have taken place in my husband's health, has continued, and gradually increased.

I remain, yours,

J. C. L.

PROVIDENCE, R. I., July 21st.

MY DEAR DOCTOR:—I am pleased to say that the means of cure have been very effectual to my husband. This is observable to every one who sees him. And he has of late resumed his duty, and *for the two last Sundays he has done double duty*, having assisted a neighboring clergyman. I think we shall by perseverance have cause to review with pleasure our exertions.

I am, sir, etc.,

J. C. L.

The Rev. Dr. —, of Portland, declared that he could scarcely endure society of any kind — that it was with difficulty he entered the desk or pulpit, or joined the company of his friends. Nervous agitation and an embarrassed manner in society, rendered his life wretched. In the

midst of a large and pleasant circle, and even in his own family, surrounded by abundance of every kind, and without any cause of uneasiness, he was one of the most miserable of the human race.

A. H—, District Attorney for the County of B—, from diseased nerves, sank into a state of inaptitude and unfitness for his professional pursuits. Little things annoyed him —small difficulties embarrassed him. In this condition he felt it to be proper to retire from practice, and continued in private life for six or eight years without any mental improvement.

Mr. A—, of Woonsocket, R. I., became so much enfeebled in his nerves as to be unable to continue his attention to business, and was thrown on his friends for support, though in a state of bodily health.

The Rev. Mr. —, of S—, though active in his parish in promoting all good works, and most pleasant and cheerful in the society of a large and respectable circle, lost under the age of thirty the nervous vigor and mental power necessary to discharge his clerical duties. He was obliged to leave his parish and return to

town. He went afterwards and spent his days in useless amusement at watering places, etc.

Many hundred cases, ranging themselves under these five designations, Oppression, Confusion, Delusion, Excitement, and Diminution, have been under our care; and no means of curing any complaint, not even bark in curing ague, or James' Powders in subduing fever, ever operated with so much certainty as these means cure nervous or mental disease and insanity.

Chapter VII.

The Nature of the Discovery — One extraordinary property of this discovery; the power of increasing its force in proportion to the strength of the disease, with certainty of doing good and the impossibility of doing harm — Extraordinary case at Rochester — Placed under us by a Physician — Letter from Miss N. — Her symptoms — Perfect cure — Cured in six weeks and remains well — Her letters.

THE NATURE OF THE DISCOVERY.

One peculiar and most extraordinarily advantageous adjunct of this discovery is, *its power can be raised in proportion to the strength of the disease.* Besides the hundreds of cures performed in all parts of the United States by these means, many hopeless cases have been cured at the Peabody Institute, 4 Bulfinch street, which would never have been effected without these EXTRA MEANS. These cases had disappointed every former common effort of ours, and had not only been considered by other medical attendants as unlikely ever to yield to any treatment, but to us, also, recovery appeared doubtful. Nevertheless, they have all yielded to the extraordinary influence of this most important remedy when used in increased quantities and at shorter intervals.

To detail a tenth of these cases, would be

thought tedious, not to give some would be thought careless. A few, therefore, shall now be presented to the reader.

Miss N—, daughter of Rev. N—, of Rochester, N. Y., without any visible cause sank into the lowest depths of nervous disease. Her first letter contained the most appalling details of mental misery. Having a brother in town, in practice as a surgeon, the doctor requested him to call. At this interview he remarked: "My sister has had the first medical advice in the country, but her complaint remains unsubdued. There is an asylum in this city and the person at the head of it is reputedly skillful, he visits in my father's family, and has attended to my sister's case, but all his efforts have been in vain, nor do I believe that any medical man can be of use to her, for her disease is mental, and I am not acquainted, neither is any other medical man, with any medicine that will reach diseases of the mind." "Then I presume," said the doctor, "you do not imagine that I can render her any service." "Yes," replied Mr. N—, "I believe from what I have heard and seen, you can, and I particularly wish you to try." "I feel confi-

dent," replied the doctor, "that extremely bad as her case is, I can cure her, but as you are a medical man, and perhaps will interfere, I will not take her under my care but with your perfect concurrence, and with an understanding that you will not interfere with my method of treatment." Under these circumstances the cure was commenced and completed. But most distressing as this case was, Miss N— never had the means of cure in larger quantities than are ordered to be used in six weeks. The alarming extent to which this nervous attack ran, will appear in the following extract of her interesting letter.

ROCHESTER, N. Y. Nov. 26, 1868.

MY DEAR DOCTOR:—I saw in the *Record* newspaper, some time since, that you were able to cure persons who are afflicted with nervous complaints, even if they are very bad. About eight months ago, I was attacked by the most dreadful sensations of not caring for, or taking any interest in anything; the only wish I had was to be permitted to be in bed the rest of my life and take no food; nothing was in my mind but a strong desire to take away life. I swallowed a whole six cents'

worth of pins in the hopes of dying in consequence, but they did me no harm whatever. I then swallowed nine large penny pieces, but felt no inconvenience from them for a long time. I several times procured 3 oz. of laudanum intending to take it, but God, in his great goodness, always made me feel better for the day, and I think several times I had it poured out, ready to be taken, but it always ended in my throwing it away. I also had a bottle of prussic acid, which I poured into a cup, and had it up to my mouth, when a soothing passage of Scripture came into my mind, and I immediately threw that away; so that I never once swallowed poison. My mind is also in a constant worry, relative to my dress. I often fancy if I take a walk my shoes will wear out. I have positively kept my bed because I could not make up my mind what dress to wear. Night and day I am in a constant turmoil about my dress. I cannot enjoy the society of friends or write to one. Indeed, week after week passes without my doing anything. My complaint is called by the surgeon nervous, and he says it is not in his power to do anything excepting to advise

plenty of fresh air, exercise and exertion on my part. I have done all this, but remain the same. I cannot make myself feel even the slightest love for my kind parents, or brothers and sisters. My feelings have been naturally warm, but now I seem to have none. I cannot do any one thing, so you may imagine what a life I pass. Before this complaint came on, I was particularly fond of visiting the sick and poor, and of doing all I could for them; but now I take no interest even in their sufferings. I cannot even settle myself to needle-work. I was fond of flowers and gardening, but since this feeling came on I can do nothing. My mind is of a religious turn, but now I often think God has entirely forsaken me. I have just the same allowance for my clothes as I ever had, which was always enough for me, but now I feel afraid of spending a farthing from a fear of being left without any; and if I purchase an article of dress, I generally lock it up, and cannot make up my mind to wear it. I am inclined even to neglect washing sometimes, from a horror I have of myself.

I have been deaf since I have had this com-

plaint. It does not seem to run like a common deafness, but I think my not hearing arrises from my mind being in a turmoil. I quite forgot to say I took 2 oz. of nitre, having seen in a newspaper that a person died from this quantity, but it came up before it had been swallowed ten minutes. Pray write as soon as possible, and rest assured if you can cure me, my gratitude will be unbounded.

I am, Dear Sir, yours truly,

E. M.

The reader will join the writer in thankfulness to the Author of all good, when he has read the note below, announcing her perfect recovery:

Rochester, N. Y., May 25.

My Dear Doctor: — I cannot thank you half enough for the very great interest you have taken in me. I am sure you will be glad to hear that I am quite well. Have the kindness to let me have a letter from you as soon as possible, naming the sum I owe you, that I may have the gratification of sending it to you for the unusual trouble you have had. I will immediately get a friend to call for the purpose alluded to. I now enjoy my pretty

garden as much as ever, and work in it many hours during the day. My parents, brothers and sisters, send their grateful regards to you. Accept my heartfelt thanks, and believe me, my dear, kind doctor,

Yours, very obliged, E. N.

Anxious to know if Miss N— remained in health, the Doctor wrote on Friday, April 20th, to inquire, and has received the following reply:

ROCHESTER, N. Y., April 24th.

Many thanks, my dear sir, for your kind letter of this morning. I am most grateful to my Heavenly Father in being able to assure you of my being QUITE well in all respects; never before so well. I have not had one moment's uneasiness since you last heard from me. If I ever visit town again, it will delight me to call and thank you personally for your great attention to me. With best wishes, believe me,

Yours, truly obliged, E. N.

My parents and sisters beg to be remembered.

Chapter VIII.

Results of Discovery continued — Acute suffering and cure of Mrs. S —, Norwich, Ct. — Cure of Mrs. N —, of Delusions, Watertown—Mrs. L—, Newton—Cure of Miss F—, Stepney, of extraordinary melancholy, etc.—of Thomas Cormic of Insanity in one week, had been insane some months, and under doctor, etc., Stepney — Mr. C —, New York — Rev. R. I., preacher at S—, Colonel G—, A literary man cured — A Lady, niece of Mr. H. after being nervous and frequently insane for thirty years, cured, great efforts needful — Correspondence of Mrs. W—, on the cure of Mr. B— of Insanity, after his medical men had tried for twelve months — recommended to be brought here by his physician, who accompanied him — Letter on this interesting case from the physician, etc.

RESULTS OF DISCOVERY CONTINUED.

Mr. S —'s letter on the most acute sufferings of his wife:

Norwich, Conn., April 1st.

Dear Sir:—My wife has been laboring under a nervous debility about fourteen years, seven of which she has been married, and during this period her affliction has increased. Medical aid has been employed but with no lasting benefit. During the time of pregnancy and for six or seven months after her confinement, her affliction was most distressing, so much so that she frequently loses her speech, and becomes paralytic. At times her mental sufferings are so great, and her imaginations so appalling that she dares not nurse her child

lest she should throw it into the fire. She has often great difficulty in refraining from screaming, especially at chapel. I dare not leave her alone upon any consideration, she frequently has such chokings that she feels as if every breath would be her last. However cheerful she may be, the accidental mention of any melancholy event, sudden death, etc., affects her immediately and produces the choking before mentioned. She is in good bodily health and looks well, and when not under the influence of this infirmity her spirits are good and she is one of the best of wives, a tender mother and a most cheerful and agreeable companion.

I am yours truly,

W. S.

This lady's cure progressed slowly as will appear from the following extract:

Norwich, Ct., May 17th, 1868.

My mind is beset with frightful ideas, but I am not so much affected by them, I am not so hurried and distressed about the future as I was. In this respect I am better; if I could

be without the common troubles of life a little time, I think I should soon get well.

I am your obedient servant,

J. S.

DELUSION — THE CASE OF MISS N —, OF WATERTOWN, N. Y.

Miss N —, had been a lively and apparently happy girl. She had devoted her time and consecrated her allowance to the good of the poor of the town, but before she had attained the age of twenty she sank into a very low and unhappy state of mind, and was long agitated with the apprehension that she should, ere long, be PUBLICLY EXECUTED. This distressing apprehension daily caused in her family the deepest misery from these circumstances. Mrs. N —, wrote to enquire if her daughter's case was such as we could take in hand with any prospect of a successful issue. She was assured that it would be, and the result will appear from the following extracts of letters from the different members of the family. This lady's complaint was difficult to cure, her friends, however, patiently persevered. For more than two months very little

good was done, but by continuance she was perfectly cured.

WATERTOWN, Oct. 21.

SIR:—I am sorry to say that my sister still continues very low and fretful, attended with fever. She commenced using your medicine on Monday last.

Remaining with respect,

P. P.

WATERTOWN, Nov. 2.

SIR:—I am requested by my brother to inform you that Maria is much the same. We thought her better for a few days, but she has gone back. The fever has abated.

I remain, sir, etc.,

G. N.

WATERTOWN, Nov. 25,

DEAR SIR:—It is with the greatest pleasure I write a few lines to you, and am happy to announce that through the blessings of God and your valuable medicines, my sister is slowly recovering, but sometimes complains of slight pains in her forehead. Her pulse is from 60 to 80 and her appetite is good.

Remaining yours, etc.,

P. N.

WATERTOWN, Jan. 7th, 1869.

SIR:—It is truly gratifying to me to inform you that my sister Maria has almost recovered from her melancholy illness, and I think by sending one more bottle of drops, powders and lotion she will, I hope, be cured forever. My mother presents her respectful compliments, etc., etc.,

I remain yours respectfully,

P. N.

WATERTOWN, Feb. 28.

I am happy to say that, through the blessing of God, my sister is quite cured. I hope forever.

Yours respectfully, etc.

A. N.

A lady keeping a boarding school at Newton, being restored from a deep-rooted nervous disease, which rendered her wretched and unfit for her duties, wrote as follows:

NEWTON, Jan. 3.

SIR:—I have used your most important discovery or means of nervous cure, as directed. I am happy, and I hope thankful, to say the effect has been most salutary. My duties,

which before were heavy burdens, are now pleasing. My woful forebodings are exchanged for agreeable anticipations, etc., etc.

I remain, gratefully yours,

A. L.

Miss F—, daughter of Mrs. F—, at boarding-school in Stepney, Vt., after long attending the Episcopal church of which the Rev. Mr. Higgins is the minister, and had passed her time happily in giving music lessons in her mamma's school, and in assisting Mrs. Higgins, in the superintendence of the poor children of the church school, on Sunday, sank into a very melancholy state of mind, but she has been cured, and will no doubt converse with any lady on the subject who may call. Her address may be had at my office, 4 Bulfinch street.

Thomas H. Cormic, of Stepney, Vt., had been under the medical care of Dr. —, surgeon of the same town, until he judged it impossible to do him any good. Every symptom discouraged hope, and attention to his case was declined by the doctors from a conviction of the impossibility of curing him; but the persevering entreaties of his mother

prevailed on him to try the power of this discovery over this most unpromising case. All the ordinary means — cupping, blistering, purging, bathing, strait waistcoats, etc., had been resorted to for five months, and their effects were in this as in most other cases, a reduction of nervous power and a tendency towards idiocy. It was this which discouraged the doctor. But, however bad this case was, the young man was restored to his senses in one week, and returned to his employment in the grounds of his uncle (a farmer) the following week. The parents of this young man can be consulted on this cure by applying at Stepney.

Mr. C—, printer, of New York, who described himself as a preacher in the Wesleyan connection, being exceedingly nervous, wrote for the means of cure, and was perfectly restored in about ten or twelve weeks. In two months after he began the course, he wrote as follows:

Dear Sir:—I beg to tender my most sincere thanks for your kindness and attention to my case. I have not enjoyed so good a state of health for the last three years as I do now,

which I attribute, under the blessing of God, to the means you advised.

I am, dear sir, yours, etc.,

T. C.

The Rev. R. I —, of S., had become so nervous as to feel it almost impossible to attend to the duties of his church. In this reduced mental condition, he was encouraged to hope for a cure, and at his request the means of cure was sent to him, in sufficient quantities, for six weeks, in which time he recovered, and wrote as follows:

Dear Sir:—I write to say I have now finished the bottle of drops, (enough for six,) and my health has much improved. I think there is no occasion for me to continue them, My nervousness has subsided to a great extent and I do not suffer so much from indigestion. It appears to me that all I now want is strength, and I am certainly improving in this respect. I have not now the tendency of a rush of blood to the head as I once had. I beg to express my thankfulness to you for your kind attention to my case, and with regard to pecuniary matters, if you will name what is satisfactory to yourself, it will be so to me; and should

any relapse occur in my health, I trust you will allow me again to have recourse to the same means by which I have now been so much restored.

I am yours etc.,

I—.

The case of Colonel G—, is particularly worthy the attention of literary men who have suffered from great mental application. His nervous disease had been creeping upon him.

Colonel G—, of W—, holding a high appointment under Government, called at No. 4 Bulfinch street, and deplored a sad deterioration of mental power, for the last three years, and total loss of power to sleep after three in the morning. He despaired of improvement in either case, but was assured his lost mental powers could by these means be restored, and the power of sleep be recovered. In one month he called and reported progress. He had already found some improvement, and in less than three months he reported: "I now believe all you said to be true. My mental powers are again equal to what they were three years ago. I sleep until six, and suffer from no nervous symptoms.

The case of P. J—, Esq., of Lowell. Aug. 8th, 1868: I observed an advertisement in the Boston papers, relative to your curing nervous affections in the course of a short period, and that application might be made to you by letter. About two years ago, I began to be very nervous, which I am sorry to say has gradually increased. If any one suddenly waited upon me for my signature, I was quite unable to sign. My surgeon recommended me to the sea, and I have lately been spending five weeks there. I certainly find my general health improved, but still I am subject to these excitements of groundless fear, for when I have to do the most trifling thing in the presence of strangers, my frame becomes agitated and I cannot do it. I formerly used to be anything but nervous and I cannot account for it. I am in the legal profession, have a good deal to do, and this annoyance is a very serious impediment to me.

I am, sir, your obedient servant,

P. J—.

In a letter received from Mr. J—, dated Aug. 28, he reports: I certainly derived very

great benefit from the application, and I now only feel nervous when anything sudden or unexpected, though trifling, comes upon me, but I hope and trust that this will go off.

I am yours, etc.,

P. J—.

In another letter, dated Sept. 6th, 1868, he writes: I must confess I have found the nervousness much abated, but even now, when waited upon suddenly, I feel in a very great tremor. This morning some gentlemen called upon me for my signature to a petition and though I had been very cool and calm the whole morning, I felt so agitated that it was with great difficulty I wrote my name; but as soon as I had done it the agitation left me in a moment. It is in this way that my nervousness exhibits itself.

On the 15th of Sept. Mr. P. J— wrote: Dear Sir: On last Tuesday I had applied your remedies one month without having once omitted them. I have also attended to your advice, and have abstained from wine with the exception of about three glasses within the last ten days. I AM DECIDEDLY BETTER. Please

to say what you propose, to prevent a relapse, when all the symptoms have disappeared.

Your obedient servant,

P. J—.

On the 22nd of the same month he writes as follows:

Dear Sir:—When I consulted you, I did it with an intention of complying with your directions, provided you thought my case curable. When I have exhausted my supply of medicine, I shall have completed the six weeks; and I can assure you that with the exception of about thirteen or fourteen glasses of wine during the six weeks, I have complied strictly with your directions. And I must Confess, that though I am not Cured, I am Considerably Better. I am therefore resolved to pursue your further remedies, and I will thank you to send a fresh supply for three weeks.

I remain yours,

P. J.

On the 5th of October, Mr. J— writes thus:

Dear Sir:—I am Happy to say that I am much Better; and if I could divest myself of

the recollections that such and such circumstances used to make me very nervous, I should say I HAVE LITTLE OR NO BAD SYMPTOMS LEFT; but the recollection makes me feel anxious whether I shall not be nervous; so that at times, though I may acquit myself very well, I have not that confidence in myself I used to have. But when I have finished the medicine I now have, and the three weeks' supply you will send me, I hope I may be able to commence with what you recommend to prevent a relapse.

Yours, etc., P. J.

On the 1st of January, he wrote:

I have been making a very long journey, and have been absent about six weeks. I took with me a small portion of your remedies, and used them as long as they lasted, once a day. I returned a week ago; I have enough of your remedies to last me three or four weeks, which I have commenced using *twice* a day, and I MUST SAY THAT I AM WELL.

Yours, etc., P. J.

To these numerous instances of extraordinary good done by my discovery in curing nervous or mental disease and insanity, two more

very decisive and interesting cures shall be added: — One of a lady of the age of forty-nine, the niece of the Hon. —, a Senator holding a leading position in the United States Senate; and the other a gentleman in Troy. The former had been nervous, and at times deranged, for thirty years. Her sister, Miss —, had corresponded with the writer for some time, and the means of cure had been used in the country; but as the symptons of the disease did not yield as quickly as the writer thought they should, Miss — was advised to bring her sister to the city, in order that her case might be more thoroughly investigated; but the patient, on her arrival, was found to be quite deranged, and she remained so for some time; but by a more efficient employment of these means of cure than had ever before been called into action, the derangement of this lady and every other nervous symptom was perfectly removed. To accomplish this cure — the cure of a nervous disease and derangement of thirty years' growth — the efforts required were not small. The lady's two female servants were often employed, under our direction, to take care of her. The means of

cure in common cases are used in small quantities, three times a day; but to accomplish this cure they were used for many weeks every two hours, and in eight-fold larger quantities than usual. This lady had not only exhibited symptoms of derangement in a common way, by alienation of thoughts, etc., but she frequently SANG and TALKED LOUD, through whole nights as well as during whole days.

In this case, some bodily affliction accompanied the mental one. She was incapable of taking exercise on foot from some trifling affection of the legs. A chair was therefore employed to give exercise in the open air. Every symptom of weakness and organic disease, however, gradually disappeared as her mental powers and nerves recovered their health. For two months before she returned to her home in S—, she could, and almost daily did, walk for pleasure and exercise two or three hours without fatigue.

This lady returned home perfectly well, with her sister, in seven months. She has written several times since. The following extracts from a recent letter of her own and from one

of her sisters, will show the continued state of her mental health:

S—, May 10th.

My Dear Sir:—I beg to acknowledge your kind letter. I am thankful to say that my health is tolerably good. In my recent affliction (the death of a nephew, a clergyman she had brought up), the poignancy of which I cannot still avoid feeling unabated, I have had the greatest of consolation, the firm belief that my poor, dear orphan nephew, through the mercy of a Saviour, is reaping the reward of an admirably well-spent, and for so young a man, extraordinary self-denying life. My support is that God in His mercy to the dearly beloved deceased, wished for his presence. But as I cannot write much upon such an acutely painful subject, I shall only add my best thanks for your expressions of condolence, etc., etc.

With highest regards,

Believe me, etc.,

L. M—."

Extract of a letter from her sister:

"Sir:—It is some time since I left S—, and therefore did not receive your letter until

lately. My sister Lizzie has been poorly twice since we returned in May, having been once ill from taking cold, and the second time from excessive grief on the death of a near relation. *She is, however, quite well mentally, etc.*

I am, sir, yours,

J. M—."

EXTRAORDINARY CURE OF MR. B—, OF L—.

The second extraordinary cure above-named, has been partially detailed elsewhere; but as its circumstances are more than usually interesting, we feel it right that the public should see the correspondence between the writer and the physician himself, the wife of the patient, and the patient also.

Dr. W. S—, of L—, having for twelve months used his best efforts to cure a patient of a nervous disease, which was attended with many symptoms of aberration of mind, addressed the patient's wife, thus:

"Mrs. B—, I have for twelve months been doing all in my power to cure your husband; I have had the assistance of Dr. J— and Dr. L—, but all our efforts have been in vain; he is no better. We both know of Mrs. L—, and

have heard of others who have been cured at the Peabody Medical Institute, on Bulfinch street, conducted by Dr. Hayes and Dr. Witherell, and I think we had better take Mr. B— there for their advice."

The day was fixed, the patient put into his carriage, and, accompanied by his physician, Dr. J—, and his wife, they arrived at the Institute on the 7th of last June.

Dr. J— having described the delusions of his patient, and numerous other symptoms of his disease, and the writer having carefully examined his case, he encouraged the hope of a cure.

The means of cure were accordingly prepared for six weeks. The physician was furnished with instructions, in writing, how these means of cure were to be employed; and he engaged to superintend their administration, and to correspond with his medical council on the progress made in the treatment. The leading particulars of this correspondence will appear in the following extracts of letters from the physician and the wife of the patient, and ultimately from the patient himself.

Extract of the first letter from Dr. W—, one week after the cure of Mr. B— commenced:

"DEAR SIR:—I beg to inform you that he (Mr. B.) is in better spirits, and rides on horseback with more energy than he could some weeks ago. Indeed, I consider him now too bold in this particular. There is at times a considerable degree of incoherence in his actions and conversation still.

I am, sir, yours respectfully,

W—, Physician."

June 15th.

Extract from a second letter from the same:

June 16th.

"SIR:—After progressing very favorably until last Thursday night, my friend, Mr. B—, HAS BECOME MUCH WORSE. THIS HAS BEEN THE UNAVOIDABLE CONSEQUENCE UNDER ALL THE PLANS OF TREATMENT SUGGESTED BY HIS MEDICAL COUNCIL.

Since the above evening, his nights have been restless and desponding—worse every alternate night. In the day his feeling gives away to the opposite extreme, namely: one of

extreme elevation. After sitting with his eyes closed, he will begin laughing, and continue to do so for some time. He now complains of pains in his head and a pain at the back of his head; and with these symptoms there was to-day considerable DROWSINESS.

Your reply will oblige.

Yours, etc.,

W—."

P. S. Mr. B— is certainly very much worse. *He will wear two hats; plots are, he says, continually gotten up to take away his life. He cannot sit, or even remain any length of time in one room.* He was with difficulty prevailed upon to use the means of cure last night.

Will you be kind enough to tell me if he is to persevere with the drops while his head is in so much pain? also, whether any, and what alterations are to be made in the treatment? I write this from the patient's house. *He is now telling me his painful apprehensions.*

Extract from Mr. B—'s first letter:

"SIR:—I feel greatly obliged by your second letter. The reason that neither Dr. W— nor I answered the first was, I felt anxious to

persevere a few days longer, hoping that Mr. B— might find benefit under the present treatment. He certainly is better than when Dr. W— wrote, but not near as well as he was a week previous to that time.

As it would be very inconvenient for me to leave home, and I think Mr. B— will be so much better at home, I feel anxious that you should communicate to Dr. W— *the particulars of the extra treatment named in your last. Should you wish to see Mr. B— before, or any time during the treatment, we will drive to town.*

I remain, etc., M. H. B—."

Extract from third letter of Dr. W—:

"SIR:—I have only to add to the above, that I shall be pleased to act upon any suggestion of yours that affords a chance of promoting Mr. B—'s recovery. He will see you in town after the plans have been tried; or, I have no doubt, before, if desirable.

Very truly yours.

July 4th. E. W—."

Extract from Mrs. B—'s second letter:

July 11th.

"SIR:—I fully purposed being in town to-

day, after I received your last; but, as I find Mr. B— is so rapidly improving, we did not deem it necessary. *This is the eighth day since he has had a relapse, which induces me to hope perseverance with the present treatment will prove successful. I am determined to persevere as long as you think it needful;* but should there be the least relapse, we shall take the first opportunity of seeing you.

Yours respectfully,

M. H. B—."

Extract from the fourth letter from Dr. W—:

July 11th.

"Dr. W— wishes the physicians at the Peabody Medical Institute to be informed that Mr. B— does not take the drops more than twice a day; and when he was worse, they were at times wholly omitted. And Dr. W— wishes the writer to give such directions concerning the drops as this information may render necessary.

Extract from a third letter from Mrs. B—, on their way to Newport:

July 20th.

"Sir:—I am sorry to say that, on Satur-

day, Mr. B— was not quite as well; on Monday and Thursday morning he was much better. But a few hours after we left home, he appeared much excited from no particular cause, and has not been as well since; his feet are kept warm, his appetite is generally good, and his bowels regular. Mr. B—'s feelings in his head and body, are altogether so very various, that I cannot possibly describe them. I think it most likely we shall call on you as we return home.

We are now at Newport, and should be glad to know if you wish him to bathe; we intend to keep near the coast, and I shall be glad to hear from you on Monday.

Yours respectfully,

M. H. B—."

N. B. The Doctor's answer contained expressions of disapproval of the journey being taken, on the principle that AN EXCITED PATIENT SHOULD BE KEPT QUIET, and advised their *instant* return to L—, or stop in town.

Extract of a fourth letter from Mrs. B—:

L—, August 8th.

"SIR:—I was sorry to find by your last that

you consider that I have acted wrong in taking Mr. B— from home. I certainly should not have done so if I had any idea that you considered it injurious. You will recollect that I stated in my last, that he had for nine or ten successive days been gradually improving up to the Friday previous to our leaving home, when there was, without the least apparent cause, a great change for the worse. Since that time he has continued very fluctuating; sometimes he appeared comfortable, at other times appeared quite lost. We propose to be in town on Tuesday. I hope to see you about 11 o'clock.

Yours respectfully,

M. H. B—."

Mr. B— arrived in Boston, accompanied by his wife, and remained for one month, during which they lodged at Mrs. T—'s, on Washington Street, and attended by the Doctor every day, when the means of cure were applied by his able assistant, under the Doctor's directions, in a more efficient manner than they could have otherwise been. THE RESULT WAS, *that in two weeks he was restored to such mental health, that both Mrs. B— and himself thought*

him well enough to return. From this, however, he was dissuaded. *But he recommenced his attention to his ledger, his correspondence, and his city connections. And at the expiration of the* MONTH *returned home in circumstances* which the following letters will explain:

Extract of a fifth letter from Mrs. B—:

"DEAR SIR:—In reply to yours of the 5th, I am happy to say Mr. B— continues very comfortable. Friends are delighted at seeing him SO MUCH HIMSELF AGAIN. HE IS ABLE TO ATTEND TO BUSINESS FROM SIX TO EIGHT hours daily; I think I may say, without any injurious effects. He has had only one painful symptom since our return home, and that was nearly a fortnight ago. As soon as he laid down in bed, he complained of depression of spirits, throbbing in the head, and fearful apprehensions; these were succeeded by a copious flow of tears. The bowels continue very regular, and the stomach quite right. He sleeps exceedingly sound; retires about ten and gets up about seven.

Respectfully yours,

M. H. B—."

Extract of a letter from Mr. B— himself:

L—, Oct. 7th.

"DEAR DOCTOR:—Though I cannot determine that I have no symptoms of nervous disorder remaining, I am happy to say that I am so well as to be able to attend to business. I still pursue the use of the means of cure as truly as most patients; and I feel that no one owes more gratitude to God than myself, in blessing the means used for my recovery, etc.

Yours very respectfully,

Benjamin B—."

Extract of the last letter from Dr. E. W—, Mr. B—'s family physician:

Oct 11th.

"MY DEAR DOCTOR:—Fully aware of the advantage in Mrs. B—'s case of avoiding all exciting causes likely to produce a relapse of his complaint, I cannot but concur in the precautionary measures you advise him to persevere in. But he has appeared to be so completely himself, has pursued his avocations with so much cheerfulness, and has, upon all occasions (as far as I am acquainted), exhibited so much coolness, that my visits have

become rather incidental than professional. I shall not, however, fail to represent to him the baneful effect likely to occur from keeping the mind on the stretch. The pulse, this day, is eighty-two, taken after some exertions in the warehouse.

I am, dear doctor,

Very respectfully,

E. W—."

MR. B—'S PERFECT CURE.

Extract of a letter from Mr. B— himself:

L—, Nov. 4th.

"DEAR DOCTOR: I take this opportunity to inform you that I am quite well, and as well able to attend to my business as ever I was in my life.

I shall endeavor to call upon you the first time I am in town. I feel thankful that I have adopted your means of cure, and shall feel great confidence in recommending the same to any one who may be suffering in the same way.

I remain, your obedient servant,

Benj. B—."

Mrs. B—'s last letter on the cure of her husband:

"Dear Sir:—I feel great pleasure, and I trust I have feelings of gratitude, in being able to say that Mr. B— is quite as well as usual, both in body and mind. We shall be happy to hear from you. It will probably be some weeks before we are in town. I have strongly recommended three persons to apply to you, two of whom, I think, will do so if they have not already.

I remain, yours very respectfully,

M. H. B—."

Chapter IX.

Expose of the bad practices of every grade of medical men in nervous complaints and insanity—The development of wrong perceptions in these diseases, in their writings, etc.—Wrong practice to bleed, purge, seatons, etc.—Georget, Broussais, Pinel, Esquirol, Sutherland, Fox, Burrows, wrong in theory and practice, and therefore never successful in treatment—Dr. Hooper's view of general practice—False assertions of incompetent physicians—Many killed by improper treatment in nervous disease—Mrs. K—, etc.—Bad general practice of sending patients in first stages to mad-houses—The rewards medical men obtain for sending them, from keepers of mad-houses—The conduct of Dr. C—, whom the writer had cured—His long letter—Mad-houses make their patients worse, and confirm the disease, which might have been easily cured—All families should oppose the removal of their friends to mad-houses till sufficient efforts have been made to effect a cure—A young lady driven insane by Dr. M— ordering her mother to the mad-house—Popular opinions on the subject, exceedingly well expressed in a quotation from a popular writer—Ignorance of the philosophy of the mind, etc., etc.

One practice prevails among medical men of every name and grade, when called upon to attend a patient, suffering from nervous or mental disease: If the patient is depressed or excited, violent or quiet, under delusion or of incorrect perception, a system of depletion is recommended; that is, cupping, leeching, the lancet, blisters, cathartics, are successively used. If not, the patient is hurried off to a mad-house.

The origin of both these practices is ignorance of the nature, cause and cure of nervous

disease and insanity. Yes! It is a general practice to ascribe this malady as Abernethy did every disease of the stomach. A few attribute this disease to the liver and bowels. Georget, Broussais, Pinel, Esquirol, Sutherland, Fox, Burrows, etc., strongly recommend bleeding, blisters and cathartics, as the chief, in fact, as the only course they understand.

In Italy and Germany, as well as in England, the same medical treatment is pursued.

One of the best medical writers on the various popular means of treating these diseases in America and Europe, gives the following syllabus of the general practice:

"Among the most powerful means is the abstraction of blood, freely practised. Purging is much more extensively applicable. It may be useful to make very large evacuations in this way. Calomel is proper—but it usually requires the assistance of other cathartics. Emetics sometimes have a good effect; blisters, seatons, etc., should not be neglected."

All these have been employed in all civilized nations from the age of Æsculapius, until now. And with what advantage? Let the details of these results be given; and in eigh-

teen cases out of twenty, they will be found most unfavorable. In most, the consequences have been very injurious; *in not a few, fatal.*

About eight thousand letters are now in the possession of the writer, received within the past five years from nervous patients, in which the methods of cure resorted to are detailed. The perusal of eight thousand letters, and personal interviews with as many more, and in fact, more than double that number, furnish numerous evidences of these facts, and an experience more extensive than to any other living physician.

A lady from Nova Scotia was located in Boston, with a very complicated nervous disease. Circumstances transpired after the appearances had raised the brightest hopes of a cure, which induced us to withdraw our attention from the case. The question was then agitated in her circle of friends, what shall be done? Shall we return home or shall we consult Dr. A— or Dr. C—? This was not done unhandsomely. It was not done without first communicating to us their intention, with a view, perhaps, to ascertain if we had altered our decision. We advised them to do as

seemed to them best. The lady remained under his management for a month; and the result will be understood, when the fact is stated that, at the end of this time, she was again brought to us more than half dead. The system of depletion adopted, had done this, and her mind was in a much worse state than before. At the moment we write this, there is some reason to doubt whether she has not been reduced so low as to render it impossible to raise her again.

Mrs. K—, after the birth of her first child, became extremely nervous. The writer made her husband an offer to receive her as a visitor, and cure her. The offer was accepted, and she returned home well after two months. Subsequent to the birth of her next child, she sank again into the same nervous state. The medical man in attendance, Dr. C—, without consulting the husband, adopted the *usual* system of depletion, leeches, etc., etc. And she died in a few days. The former method of treatment would have restored her to her reason in a few days, and placed her nerves in a state of health in a week.

To these we could add extracts from hundreds of letters demonstrating the evils produced by the general practice of all grades of medical men; that is, of bleeding, seatons, blistering, cupping and purging. This had not been written many hours when a gentleman from Chester Park, Mr. —, who, among other things, said the regular medical attendant of his family, when first consulted, denied that anything was the matter with him. "It is all nonsense," said he, "you are well enough." "I wish," replied the patient, "I could think so." Another medical man was then consulted, who ordered bleeding, purging, and a perpetual seaton. All these have been done, but the disease remains unsubdued, unaltered. "I am as nervous as before," said Mr. M—, "my constitution is certainly weaker; the bleeding and purging in this respect have made me worse."

These facts will therefore justify this general conclusion.

There is a greater probability of a nervous person getting better, if left alone, than if a medical man is called in; for the ordinary course of depletion is sure to be pursued, by

which the patient is sure to suffer much injury. If this system is not pursued, he is drugged with calomel or sent to a mad-house, where he will be rendered permanently diseased by associations with confined maniacs, by confinement, by neglect, by ill-treatment, etc.

The motives that induce medical men to recommend nervous patients to be sent to a mad-house, originate in the opinion that nervous disease is incurable; that such persons are dangerous; and that they ought not to be at liberty. Or, to the more general motive, INTEREST.

If the medical man is in any way connected with an asylum, the motive is clear. If not connected with an asylum, he receives his premium on every one he recommends. This is a ready money transaction; no credit is required; no bill that must remain unpaid two years. This ready money bonus, therefore, is a strong motive to a poor medical man to pronounce a merely nervous patient insane.

These facts are in the writer's recollection, which teach a useful lesson.

J. B. F—, M. D., addressed the following

letter to the writer, and sent it by the hands of his own mother:

Tremont Street, Nov. 1st.

"SIR:—You will perhaps be somewhat surprised at the application of a medical man, but being an invalid, I trouble you with these lines.

I hesitate not to give you my name and address; and being thus candid, I consider I am entitled to an equal consideration on your part. I am not entirely unknown to the profession, therefore am not at a loss for the service of some of the most eminent members of it; but the truth is, that as yet, I mend not.

Within the past few days, I have been seized with occasional fits of a partial loss of power, somewhat resembling fainting, one or both of my hands becoming suddenly of a yellowish white, cold and powerless; and I find myself only relieved lying down and taking stimulants. I have no pain or giddiness, and consequently I attribute it to an irregular circulation of the blood. The heart labors hard to throb, and so long as it continues, so long do I experience the sensation described; and

I find now, that the mildest purgative, in fact, every loose motion, brings on one of those horrible sensations, which I can compare to nothing but the act of dying. I am satisfied that I am suffering from extreme nervous disease, not spiritual or mental, but physical. Now, if you have had cases resembling mine, and have treated them successfully, I appeal to you for the method or the principle. I invite you to see me; I pledge myself to preserve your confidence; and, I need not add that, if I derive benefit, you shall be handsomely rewarded. Nay, I will consent to be made any use of to answer your views, and give your treatment publicity. I am a family man; have much at stake, and will esteem your immediate attention a favor. Being confined at home, a visit from you will be sure to find me. If that is impracticable, be good enough to reply forthwith.

I remain, sir,

Your most obedient servant,

J. B. F—, M. D."

The doctor's request was met. I called on him the same evening. He gradually recovered, and a cure was ultimately effected.

Grateful for the benefit he had received, he said, "I beg that you will command my services for yourself and family as long as you live."

The following tells a tale of effect—the effect of allowing your relative or friend to be sent to an asylum:

A young lady, the daughter of the Rev. —, through not being allowed to marry a clergyman, because her proud mother thought his family not of high rank, became unhappy, low-spirited, fretful, etc., and was brought to town for medical advice. Dr. C. H— saw her. She was placed in one of our most expensive hotels, where the expenses were found inconvenient, and necessarily prepared the way for her removal to an asylum. And what was the result? Symptoms of nervous disease, which, as in the cases heretofore recited, could have been removed in a short time, were converted into positive insanity.

After remaining in this state for near seven years, she was for a short time under the writer's care; and as she recovered, she reviewed with horror the associations of the mad-house,

and to the blasphemous and the obscene, and the various filthy conversations she there heard, and the cruelties she there saw, she never failed to ascribe her positive derangement.

The deteriorating influence of similar imprisonments may always be expected to produce similar effect.

One general feeling should, therefore, pervade every branch of every family to induce them to keep their unhappy relations out of such places if they wish them to be restored. If once in, they will be rendered unfit to come out. Such houses are *so managed* AS TO KEEP, and NOT CURE, the inmates.

The third fact tells a still worse tale: A female keeper, who considered Dr. M— her patron, being disallowed a gross imposition, which she labored hard to practise on a gentleman, told the writer, while she was attending a patient of his, "that it should prove a source of much annoyance to him." With a view to the accomplishment of this prophecy, she instantly commenced a plan, which had for its object a consultation with Dr. M—, on the case of her mistress. The old lady was

regaining her mental health, and would have been well in three months.

Dr. M—, as a matter of course, disapproved of everything done for this lady that was likely to work a successful issue. *She was ordered to the asylum of which he had charge.* The daughter, who accompanied her to town, was an extraordinarily fine girl, and her affection for her mother was, if possible, still more extraordinary than the beauty of her face and figure. She would not be separated from her mother, nor allow her to go without her. *She went, it is true, with her, but was made mad herself.*

He cannot close his remarks on this painful subject, without subjoining the opinions of one of the most enlightened and judicious writers of the age.

There is a condition of mind, apparently involving all the faculties which may give rise to conscientious difference of opinion, and in which it becomes doubly necessary to distinguish between *disordered mind and incompetence to business;* a distinction too often lost sight of in our discussions. It occurs chiefly in persons of a highly excitable and irritable

temperament; who, from trifling causes, are carried away by trains of thinking or of feeling, which less susceptible persons experience only after a succession of the most powerful impressions. Persons so constituted pass years of their lives apparently on the verge of insanity, without ever becoming decided.

They are remarkable for unequal spirits, and doing odd things, and manifesting strange feelings; but on the whole, they conduct themselves so much like other people, that though every one remarks their peculiarities, none venture to pronounce them insane!

But if the time should arrive when this individual should be considered *insane* and incompetent to manage his own affairs, it by no means necessarily follows that confinement will promote his recovery; this distinction ought never for a moment to be forgotten.

Whether the restoration to reason and sound mind of a maniac will be best promoted at home, or anywhere else, must be promoted by circumstances. It is too palpable to admit of a doubt, that confinement in a mad-house, where noises and scenes hourly fall on the ear and eye, that, like oil on the flame, increases

its power, would be a course to be deprecated as most unwise and cruel. But, alas! to pronounce a person insane, and to send him to a mad-house, are almost the same thing. The patient ought never to be sent to an asylum, when the means of treatment are equally accessible at home. To act otherwise, would be to risk the conversion of a temporary or curable attack, into a permanent and incurable disease. For no situation can be considered more distressing to the feelings, or more hurtful to the reason of a person so situated, than on the dawn of reason to find himself classed with maniacs, and subjected to all the restraints of an asylum.

Many who have been hurried into premature confinement have, by the very act, been unhappily fitted to remain tenants for life of the cells to which rashness had first consigned them.

It is, indeed, too true, that ignorance of the philosophy of the human mind, and its relations to the brain as its material organ, is one of the greatest obstacles, not only of the cure of the insane, but the very cause of that malpractice by which so many are positively made worse.

Nor ought it to be untold, that a baneful error is prevalent in supposing that all lunatics are inaccessible to reason, and insensible to the ordinary feelings of humanity; and that, therefore, it is lost time to attempt to influence them by rational and consistent kindness and friendly intercourse; and it is quite necessary to be scrupulous, or otherwise considerate in what we say to them, as they neither remember nor judge with accuracy.

This pernicious error is favorable only to the unworthy deceit of asylum keepers, and to the ignorance, and to the indolence of other interested persons.

In a majority of cases, some, however, few of the faculties *remain unaltered;* and even in these which apparently involve every feeling and faculty, there are glimpses of reason and tendencies to right and sound action, which, as in all other diseases, ought to be fostered and strengthened into vigor. It is for this reason that it is injurious to recovery, to limit the intercourse of the insane to those who are themselves insane, as is done in asylums, where the only rational creatures with whom the patient can associate are his keepers and super-

intendent, men generally of little intellect, no learning, possessed of little knowledge, unrefined, and often low and vulgar. Not only is the intellect thus deprived of the ameliorating influence of its sound exercise in others, but the feelings already separated from every object to which formerly great value was attached, and affection engaged, are thus ungratified, and perhaps *disgusted* and *delicately hurt*, by the scenes to which they are inevitably exposed; and in proportion as reason and health return, the evil becomes more affecting, and its effects more injurious, in retarding complete restoration.

The more nearly we can approximate our treatment of the insane to that of reasonable beings, the more likely we are to give effect to our plans of cure.

Chapter X.

The immediate, remote, predisposing and exciting cause of nervous complaints and insanity—Circulation of the blood, etc., unknown for many ages—Causes of many phenomena still unknown—To find the cause many dissections have been made—Theory of numerous authors — *Predisposing and exciting causes* arranged under their different heads.

The immediate and remote causes of many great effects were for many ages unknown, which are now clearly understood.

The world had been created near six thousand years before man knew the causes of the tides, the causes of the circulation of the blood in animals, the causes of the revolution of the planets round the sun, and of the satellites round their respective planets, etc. The immediate causes of numerous effects are still unknown, as those which occasion some bodies to be harder than others — as steel is harder than iron, and oak is harder than willow.

In a majority of cases nervous persons know no reason why they should be so.

Mr. —, of Dorchester, believes that his head has been turned. He has feelings on all other subjects, which are in strict harmony with the common ideas of man; is well able to conduct the operations of his large concern, and ap-

pears nervous on no point but his turned head; on this, nothing will change his opinion that his face has taken the place of the back of his head, and the back of his head had taken the place of his face. But he has no more knowledge of the cause than that he suspected the time would ever come that he should entertain such an idea.

To find the proximate cause of nervous and mental disease and insanity, numerous dissections have been made of the brain. Haslem, an English surgeon, made two hundred *post mortem* examinations of the brain of persons who died in the hospitals. But he assures us that no appearances of the brain warranted any general conclusion on the subject of the cause.

Monsieur Bayle's theory of mental disease is founded in the belief that the proximate cause is not in the brain, but in the *meninges*. The doctrine is founded on the appearance of inflammation in these membranes; and the effusions which follow, producing pressure and compression, and the fulness of the vessels of the head, their high red color, especially in the frontal and top parts, and the adhesions

that are induced, have been by some considered demonstrations of the truth of M. Bayle's theory. But adhesions, the consequence of inflammation, are not found in *recent* cases of nervous disease and insanity; their existence is found in chronic cases only. This, therefore, renders his theory of the cause of these diseases more than doubtful. M. Bayle made his examinations at the hospital of *Charenton.* Monsieur Colmiel has very ably disputed this theory of Bayle.

Fouville declares in favor of the appearances of the brain, fixing the disease in this organ, and not in the *meninges.*

In seven hundred dissections he found no adhesions in acute or recent cases.

Crichton, Cox and Arnold, suppose the hardenings, adhesions, and other phenomena of disorganization, are rather the effects of mental disease than the causes, as these are not found in *post mortem* examinations of those who die soon after the disease is formed.

Cullen, Cox, Haslem and Fouville, believe nervous or mental disease and insanity is *an idiopathic* disease of the brain — a disease that does not depend on any other disease. But

Esquirol, Georget and Pinel, look mostly to the lungs, liver, bowels and heart as the causes.

Esquirol found in one hundred and sixty-eight melancholic, nervous or insane patients, fifty-eight had diseased lungs.

Georget declares that in more than three-fourths of the numerous bodies he has dissected, organic affections of the lungs existed; and does not hesitate to assert, that half the nervous and lunatic patients who die at *Sal Petriere* die of *phthisis.*

And Gusilan supposes the same opinion when he asserts that the brain is chiefly affected by sudden injection of the cerebral blood-vessels.

Enlightened practitioners and writers now admit, that nervous or *mental disease* and *insanity* are affections of the organ of the brain. Yes! In all cases, if a man is nervous, or mentally diseased, the organ of the brain is in a morbid state. I cannot illustrate and demonstrate this doctrine better than by giving you the details of Dr. Davidson, the House Physician of the Lancaster Lunatic Asylum: "I have examined more than two hundred patients who have died at the hospital since

my appointment, and the result is, I have scarcely met with a single instance in which traces of disease in the brain, or its membranes, were not evident, even when the lunacy was recent, and the patient died of a different disease. The *pia mater* and cortical substance are the parts found most frequently in a morbid state. The former generally injected, thickened, covered with coagulated lymph, or unusually adherent to the cineritious matter beneath, which tears off with it, leaving a rough, unequal surface. Changes of color and of consistence, and adhesion to the *pia mater*, are the changes most commonly met with in the cineritious substance. The affections are sometimes extensive, and at other times partial, and occupying a small portion only of the membranes or cerebral surface. I have found the formix and other deep-seated medullary parts in a state of ramollissement. But, speaking generally, morbid appearances are much more rare in the cortical substance and membrane. I seldom fail to discover some palpable traces of disease in the brain."

That disease in the organ of the brain and not in the mind, is the cause of nervous com-

plaints and insanity, is therefore now admitted. There are several agencies, one of which is sufficiently powerful to cause the brain that is healthy to sink into a morbid state.

These causes are of two kinds — predisposing and exciting. If there exists in us any physical preponderance in favor of any *inclination*, *passion*, or practice, we are said to be under the influence of predisposing cause.

The following are some that operate as predisposing causes to mental disease or insanity:

1st. FAMILY CONNECTIONS.

In all ages, in civilized countries, an opinion has prevailed that certain tendencies exist in some families to certain principles, practices and diseases. This opinion has grown up on the evidence of plain and numerous successive facts. The working of hereditary tendencies are too obvious to be disputed in consumption and scrofula; nor is it less generally in diseases of the mind.

Times of great national excitement are very fertile in the production of proof of this kind. Without going back to the days of Charles in England, and of Wallace in Scotland, let us hear what has been said by an eminent physi-

cian on the influence of the revolution in France:

"Many of the women," says Brown-Sequard, who conceived during the violent agitations of these unhappy days, were delivered of children whose infantine years are associated with spasmodic affections, convulsions, etc., and in youth to idiocy, imbecility and madness." And there are few who have visited the poor in large towns who have not heard of the brutality of husbands towards their wives while pregnant; and have not also heard that such children become timid, melancholy and mad. "I have been nervous from my childhood. I inherit this from my mother," is the chief subject of conversation of many who apply for our advice.

2d. Ill-conducted nurseries, hot cradles, cribs and beds; heated rooms without air, constant indulgence or continual severity, infantine and youthful days passed in constant excitement, cause a large number of both sexes to be constitutionally weak.

These soon sink into nervousness and timidity, become incompetent to bear the trials of time or discharge its duties, fall beneath

the load of life, depreciate their birth and sigh for the grave.

3d. Strong passions are dangerous adjuncts to all, but especially to youth. The violence of passion exhibited under circumstances of great provocation, by a spoilt boy or petted girl, compared with the self-control displayed by the son or the daughter of a Quaker under similar circumstances, demonstrate the position that children are, in their habits and manners, what their education makes them.

Unable to bear the mortification of being denied at the family-table a single article, the petted son of Mr. P— rose from his chair, fled for a pistol, rushed to the door, and in a minute blew out his brains. How many volumes would the details of the evils of violent passion fill! And who can tell the melancholy, the weariness of life, the suicides, the murders, the insanity, which violent passions have predisposed multitudes to suffer or commit.

4th. The absence of appropriate exercise and occupation, is another predisposing cause. Every faculty of the brain should be employed to secure its improvement and to prevent mental deterioration and daily wretchedness.

The well-being of man and his happiness, depend upon his activity, and the brain is constituted in conformity to this great law; and if not exercised, it becomes relaxed, and sinks into a condition of incompetency.

The physiological explanation of this fact is simple and interesting. Arterial or oxygenated blood is the essential element of nutriment to every organ. It is the means of repairing their lost power, and of stimulating their vital energies. The chief local effect of exercise is to increase the action of the blood-vessels, and the nerves, etc.; to cause a more rapid and plentiful supply of blood and of nervous energy, and thereby to increase the vigor of every part.

Keeping these principles in view, it will excite no surprise to find that *non-exercise* of the brain and the nervous system, or inactivity of intellect and feeling, is a very frequent predisposing cause of every form of nervous disease and insanity itself. For demonstrative evidence of this theory, we have only to look at the numerous victims to be found among females of the middle and higher ranks, who have no strong motive to exertion or any cause

to exert themselves for honor or gain; no interests that call forth their mental energies, or to prevent, by their employment, these energies from sinking into feebleness and disuse.

If we look round, we shall see from this cause remarkable examples of nervous or mental debility. Yes! their minds have become apathetic, and possess no grounds of sympathy in common with others; they have sunken into extreme sensitiveness; shrink within themselves; live within a circle of their own construction, and try in vain to protect themselves against annoyances by living out of society.

To go into society now requires an effort they can no longer make without painful associations. In this state, home with its little interests is the centre of attraction; and the mind which is constituted for a wide range of employment and pleasure, is confined within boundaries too limited for the range of a woman.

Among young ladies of the most respectable circles, from twenty to thirty years of age, as well as among females of the middle ranks of society, many suffer from these and similar causes. We have such now under our care

in town and country. Young men, whose days are entirely without the occupation of the State, Church, Army, Navy, or business, and who find it difficult "to kill their time," are sometimes among the sufferers of this class. Nor are military men, when occupying retired positions, and are obliged to be much alone, strangers to these feelings; feelings which, without much caution, will terminate in very distressing symptoms. But excesses of mental activity must be as much guarded against as the want of exercise.

5th. The brain requires more blood than any other organ, and it requires that it should be of the best kind. The nature of the blood suggests this. Facts in many instances have made it probable. Experiments made by oxygen have demonstrated it. The *languor* and *nervous debility* that have attended long continuance in crowded places of worship, or amusement, or of business, as factories, etc., are produced by the *bad air* of these places deteriorating the blood. This vital fluid, under such circumstances, cannot receive a sufficient supply of oxygen to keep it in vigorous health; and deprived of this *quickening power*, this essential

ingredient of vigor in all nature, languor, nervous debility, etc., follow as naturally and as certainly as ice will melt on the disk of the sun. This theory is established on this fact: bring those who suffer in these circumstances from the places deprived of a due proportion of oxygen, into the open air, and they will soon recover, without any other aids, their lost energy, etc.

The excesses of the excitement of joy, sorrow, watchfulness, weariness, unexpected losses, the unexpected accession of wealth, the excitement of love, mortified ambition, pride or vanity, sudden and unexpected honor, and every other cause of great excitement or heavy depression, will by degrees operate as most powerful predisposing causes when they do not appear at the time to put forth all their vigorous powers, and produce an immediate effect.

The more acute feelings, the greater sensibilities, the more retired and solitary habits, the absence of the bustling occupations, and of the great absorbing *external* interests of the Stock Exchange, etc., are each sufficient to predispose people to nervous disease; and in

proportion to these several agencies combined their *great non-exercise* influence, they act on the nerves of the higher class of created beings, who unhappily become victims to strong predisposing agencies. Oh! that we would never fall victims to the martyrdom of the disease itself.

To these it is necessary I should add, that the ardent application of the mind to any study, classes, mathematics, metaphysics, or even the lower branches of intellectual delights, as the composition of poetry, etc.; indeed close reading on any subject, and sedentary occupations of any kind, will predispose all of both sexes to nervous suffering, if long or severely pursued.

Let moderation, therefore, govern thee, O! Reader.

Having hastened through a few observations on the predisposing causes of nervous or mental disease and insanity, I must more hastily run through a few observations on the *exciting* causes of these sad complaints.

1st. That the liquids which have an immediate influence on the organ of the brain, should produce disease in it, can create no

surprise. Man is so constituted that all liquids which contain *alcohol* act immediately on the brain, through nerves which it meets with in the *mouth* and in the *throat*, and in its passages to, as well as when it arrives in the stomach. And this action of *alcohol* is as certain to produce a deteriorating effect on the brain as the spur which stimulates the horse inflicts a wound in his flesh, and the cruel goad makes a deeper wound in the sensitive legs of the poor ox. But wounds of this kind will also inflame and suppurate ; and so will the wounds of alcohol produce disease of the brain. The repeated use of liquids containing alcohol, cannot, therefore, leave the brain of any undisturbed.

In fact, these liquids are the destructive agents which have caused mutinies in our Navy, disobedience to orders in our Army, have filled our prisons with all kinds of victims, our hospitals and mad-houses with every description of mental and bodily disease, our domestic circles with strife, our cellars and garrets with want and misery, and our streets with blasphemy and obscenity. Inebriation is temporary madness. If often repeated, it may prove permanent madness.

But wines, spirits, malt liquors, cider, perry, etc., are not the only liquids which contain alcohol and are in daily use. No; *eau de cologne*, and other water scents, etc., are common odoriferous accompaniments of the toilet. These, yes; these have alcohol, and these are no less causes of mental disturbances, and will produce low spirits, nervous debility, delusion, irresolution, sleepless nights, wretchedness, etc.; they may brighten the eye for the moment, but they will inflict a deadly wound in the head and heart by and by.

2d. Determination of blood to the head is another common exciting cause. It is not my intention to detail the various assigned causes of the determination of blood to the head, or to examine these various assigned causes with a view to ascertain the correctness of any particular theory of such causes. No; this would carry my reader from the point in view; which is the simple fact, that when this diseased state of the circulation exists, it is an absolutely certain cause of nervous and mental disease, and not unfrequently of insanity itself.

3d. Solar heat. Exposure of the head to the heat of the sun can never do good. The

harm it does, varies in kind, depending on the constitutional tendencies of the patient, and on the heat, regulated by the climate, season of the year, time of the day, etc. Headache, fever, sickness, nervous debility, delirium, idiocy, insanity, are some of the various effects produced by this powerfully exciting agent.

4th. Tumors in the head sometimes (not often) become the exciting causes. It is not correct to suppose that tumors exist unless the constitution is deteriorated by the scrofulous virus. A gentleman learned in this disease can at once, from the lips, eye-lids or complexion, determine if this virus is making its ravages on the health.

Miss W— was suffering much from pains in the head, nervous symptoms, etc., and knowing that Miss G— of the same town had been cured by us, was induced to come to town with her mother last November, to be cured. At the first interview the existence of the scrofulous virus was suspected. Two subsequent interviews confirmed the opinion, and the removal of the pain of the head was accordingly attempted by a more appropriate method of cure.

This has been accomplished; every symptom of disease has disappeared. The pain has not been felt for a long while, and every nervous suffering has given way to pleasurable feelings. This young lady was the previous patient of the best medical men in Northampton for near two years before she came to town. She was an only daughter. Her mother's life appeared to depend on her's, and all hope of this had been nearly abandoned.

5th. Extreme cold and heat produce nervous disease and insanity in some constitutions. The retreat of the French Army from Moscow, and the voyages of Captain Parry, supply ample proof of this; and the log-books of many vessels sailing eastward, as well as the domestic history of the three Asiatic capitals, Calcutta, Madras and Bombay, supply too many sad details in confirmation of the effects of heat on the nerves.

Many visitors say, "I have been in India, and I trace my nervous sufferings to the influence of the heat of the climate."

6th. Long continued watchfulness. This ought to be guarded against, as it often produces nervous disease. Mrs. F—, the wife of

the gentleman whom Mr. F— visited, through watchfulness during his illness, became very nervous. Numerous cases of a similar kind are before us among our correspondents.

7th. Suppressed discharges. If eruptions, discharges, or evacuations of any kind, whether cutaneous, uterine, or intestinal, are suppressed, the first effect must be the increased fulness of the vessels. As the number of these suppressed discharges increase, and the period of their suppression is extended, the vessels must become gorged. The vessels of the head suffer in common with the rest.

In some cases, the force of suppression will fall on the lungs, and produce consumption; but in many it will fall on the brain, and produce nervous disease and madness. Some medical men have charged too much to the account of suppressed evacuations, others too little. But reasoning on the facts of great evils, which are often produced by the suppression of *common perspiration*, what reader is incapable of comprehending the greater evils that may be produced by the suppressions of the *much greater ordinary monthly discharges?*

Many such cases have been subjects of cor-

respondence and interviews with us, and *much nervous disease has been produced by these agencies.*

8th. Wealth and poverty, affliction, speculations, etc., all create a deep interest in most minds. The acquisition and losses of wealth often rouse strong emotions, and excite intense and incessant feelings. These create violent cerebral action, indicated by pain in the head, fever, sleeplessness, diseased elevation, vertigo, fear, aberration, etc. Out of one hundred and sixty-four patients in a private mad-house, fifty were merchants. Two respectable brothers out of three were torn away as conscripts for the Army during the war, and one being shot by the side of the other, the survivor instantly went mad; and when he was conducted home to the third brother, the excitement occasioned in his brain by this sight and the tale of shooting, caused him to go mad also. We have before named the cause of Miss L— becoming awfully nervous through her mother being forced into the mad-house at W.

9th. Nymphomania. This is another name for certain strong feelings which keep the brain in a state of feverish state of excitement. It is sometimes called cerebellar disease, and

at other times amativeness. The cause is, no doubt, the size and peculiar sensitiveness of the nymphæ. The enlargement of the cerebellum is the consequence or sign of this, and not the cause. This disease is unjustly attributed to a worse nature and a more corrupt heart; to a class of human passions of a demoralizing tendency; to the want of a good education, and to the absence of good moral and religious feelings. But the reverse of all this is true, and has been so fully and frequently demonstrated to us by facts in our practice as to teach us to *pity*, *sympathize*, and *not to blame.* Yes; it is an *organic disease*, against the tide of which neither the firm resolutions, nor good principles, nor *frequent*, *fervent prayers* of Miss A—, nor of Miss S—, the daughter of a clergyman, nor of Mrs. —, a married lady with children, could make sufficient head to stifle their feelings, or keep their distressed minds in a state of self-approval.

10th. Strong attachments, separation, etc. Strong attachments arise from many causes. Their influence is often increased by the concentration of our best and strongest passions, and all the tender sympathies and kindly feel-

ings of our nature, tranquillity, happiness, peace, and life itself, are felt at the moment to depend on their continuity ; and if any cause rends this bond of union asunder, the separation is often attended with great mental disturbance. This evil, so powerful and so frequent, has obtained an appropriate position in the list of diseases under the name Nostalgia. Many extraordinary instances of its power have been displayed in this country during the war, when *press gangs*, as in former years, were allowed to tear husbands from the arms of their wives, and children from the embraces of their parents. The revolution in France supplied numberless strong illustrations of the evils of breaking the bonds of attachment by producing all kinds of mental disease. Dr. Perfect has given us in his "Annals of Nervous Disease and Insanity," several interesting proofs of lacerated attachments. Among others he names a lady, aged thirty, who sunk into the depth of despair by the death of a friend. She passed days and nights without uttering a word; sometimes she shed floods of tears, and at other times uttering the most piercing shrieks. Her face became pale and swollen,

her spirits melancholy, and her mind deranged. Mrs. T—, of B—, became melancholy when separated from her husband. Arrangements were made for Miss— to go to her brother, holding a high civil appointment in India; her passage was paid, her dresses prepared, all her family were with her to accompany her to the ship. In a state of the greatest excitement, from reluctance to leave her friends, she fled. *The scene was painfully interesting.*

Incapable of enduring separation from her mother, another young lady became mad herself when her mother was sent to a mad-house by the advice of the medical man who kept it.

11th. Domestic disturbances and quarrels have made more husbands, wives and daughters nervous than the sword has slain, and ought on this ground to be most religiously guarded against.

12th. Disappointed love has ruined the constitutions, broken down the mental powers, and inflicted more intense misery on a greater number of females than love ever made happy; the number of those who become nervous from this cause is greater than from most others.

13th. Onanism. To this baneful practice

the deterioration of early beauty, the loss of brilliancy in the eye, and a smooth surface of the forehead, the appearance of premature age, nervousness, eccentricity, *unevenness of temper*, unnatural quickness or great dullness and stupidity, incompetency, impotency, idiocy, wretchedness and aberration of mind, are to be frequently ascribed. It is true that it is not always, but very often, to *this cause* in both sexes these symptoms can be traced.

14th. The excessive desire of children.

15th. Extreme hunger continued some days.

16th. Love of admiration.

17th. Self-esteem.

18th. Great fear.

19th. Mistaken perceptions of real religion and of Christian doctrines, and the grounds of acceptance both of our prayers, duties and persons with God.

20th. Hard, intense and long continued *studies.*

21st. Blows on the head.

22d. Malformation of the *cranium.*

23d. Lightning.

24th. Gambling.

25th. Jealousy.

26th. The sudden death of persons in our presence.

27th. The horrors of a storm at sea.

28th. The fearful associations of being awakened from sound sleep while the house is on fire.

29th. The sight of a public execution.

30th. Sudden and unexpected changes of fortune.

31st. And Influenza, are but a few of the exciting causes of nervous disease that have come under our notice. But we have not leisure to select more, nor time to offer any remarks on these, or give any more cases of illustration.

Chapter XI.

Advice to Patients—Possibility of curing nervous diseases—Medical men do not understand them, and often admit they can do nothing in such cases—Being unable to cure nervous patients, some treat the disease with *levity*, etc.—Many physicians and surgeons have applied to us—Vast number of testimonials of cure may be investigated—They have been open for examination for years—The addresses of nervous and insane persons cured, when necessary, can be obtained—1st. The terms peculiar—2d. Nervous persons should strive to use all necessary means of relief—Great efforts sometimes necessary—None need despair—3d. There is often a silly reluctance in the minds of some even to allow they are nervous—Dr. Samuel Johnson was nervous—Cowper was nervous—The disease not known among savages—Persons of superior talents in their respective grades of society, are the usual sufferers—4th. Common for them to suppose nobody suffers as they do—*Despair* prevented the gentleman with the turned head, etc., being cured—Long list of symptoms confessed—*All may hope for a cure, etc.*

The possibility of curing nervous disease and insanity has been always doubted or denied by private and professional individuals. Great numbers have written to us, or when they have called, have said: "Till I saw your encouraging announcement, I did not think there was any hope for me." Many medical men, to our knowledge, have assured their patients *that as their disease was nervous, they could do nothing for them.* Capt A— drove up from L— to tell us the deplorable case of his niece, and to request the writer to see her at home,

as she had not left her room for seven weeks. An evening visit was made; she was found incapable of bearing a ray of light from sun or candle. In this darkness she had lain in bed for seven weeks, having long been given up as incurable by her medical attendants at L—. Her miseries and debility, however, yielded to our treatment, and in four weeks she was able to take exercise, and in two months to be removed to this city, to be near us. The last time the captain introduced her, saying, *I have brought the Resurrection to see you again before we go out of town.*

Some medical men, conscious of the want of power in medicine to cure nervous *fancies*, as they denominate them, treat patients with levity. Mrs. M—, of M—, wrote that her medical man did so. And Mr. —, of R—, was assured by his medical man *that it was all nonsense—there was nothing the matter with him —at the very time he was suffering all the intensity of mental agony.* While feeling their incapacity to effect cures of this kind, their sympathies for their relations, patients and themselves, have induced several medical men to examine the grounds on which we declare

our discovery to be equal to the removal of nervousness and the recovery of the insane; and they have *in every case been perfectly satisfied—placed the patients for whom they took our opinion under us—and the issue in each instance has been gratifying to all parties.*

Four physicians have applied to us—two for the *cure of themselves*, one for his nephew, and one for a patient; all these patients have progressed gradually, and have been restored, except one physician, who applied for himself. This has been too recently done to allow of a cure at present. The vast number of cures produced, and the means we possess of demonstrating our report of their cures to be correct, the testimonials we have shown for years, and still daily exhibit, and the references we are able to make by special permission to persons cured, not only of several varieties of nervous disease, but of melancholy and insanity, justify us on the ground of benevolence in recommending the nervous to avail themselves of the great benefits the discovery holds out, especially as our terms enable all, even the poorest, to enjoy its blessings. Yes! the terms are not to be overlooked in justification of our

advice to the nervous. The average cost price of the means of cure is the only charge made to the rich till the cure is completed. Servants, mechanics, little tradesmen and poor clergymen, pay only half the cost prices, and nothing is expected from them when cured. The poor of Boston have advice, etc., for nothing. And such is the confidence we feel in the issue of the use of these means of cure, and that they will as certainly and safely cure nervous or mental disease as water quenches thirst or bark the ague, that we never hesitate to engage (in writing) to return every farthing paid for the means of cure, if it is not effected, although cost price only is received, provided the persons strictly follow our directions.

2d. We advise all nervous sufferers to combine and concentrate every effort at their command to gain a cure. The evils of the disease are too great and the consequences often too distressing to allow us or to allow them to be indifferent to recovery. We feel more for patients than they appear to feel for themselves. An indifference that wears the appearance of stupidity, weariness of life, or despair of recovery, overshadows them. But no cause of

despair now exists. The means of cure are at their command. Let them, therefore, be used diligently and constantly. Rise when you first awake, and use them, and never, however weary, retire to rest without using them, and avail yourself of their use once at least each day between the extreme periods. If the symptoms do not give way in six weeks, use them *twice*, *thrice*, *four times*, between their early and late application. Make every effort and try every method recommended in the directions to excite the pain in the cuticle of the skin of the head. This is the bright symptom of a commenced cure. If this pain cannot be excited, make us acquainted with it, and we will put you in the way to raise this desired feeling.

For the cure of Miss E. H—, niece of Mr. H—, these were used every two hours; and for Mrs. H—'s cure they were used six times a day for eleven weeks, without which she would not have been perfectly cured. Let these means of cure, therefore, be commenced, and regularly continued, under an impression that, as they have for thirty years been the means of curing many much worse than your-

self, many persons much more nervous than you are, persons who have not only suffered every variety of mental confusion, indecision, debility, groundless fear, exhaustion, determination of blood to the head, failure of memory, incapacity for business and study, vertigo, headache, restlessness, wretchedness, sleeplessness, irresolution; but delusion, melancholy and insanity, you have every reason to believe that, under the same blessings which have given them so much power and such vast success in hundreds of cases, they will be the means of restoring you.

3d. But there is disinclination sometimes felt by persons who are great but quiet sufferers, from admitting they are nervous. They shrink from the avowal, or, if suspected, from the acknowledgment. They do this either from the fear of being thought under mental disease, or of giving trouble, or of creating uneasiness, or of being ridiculed, or of being thought fanciful and eccentric or whimsical, or of being disliked or shunned, or of being ill-treated, as they have known some to have been, for no other reason but their nervous sufferings. To all in this silent suffering posi-

tion, we say, if the great, the immortal Dr. Samuel Johnson was nervous, and that he was extremely so from an early age to the end of his life, as Boswell his biographer has shown us, if the renowned Cowper was nervous, and it is too well known that he was most miserably nervous, then why should you shrink from or be ashamed of, such high, *such intellectual associations*?

Among savages this disease is not known. Among the illiterate, among the coarse and vulgar, it is seldom found. No; it is the refined, the intellectual, the studious, the delicate-minded, the sensitive, the feeling, the sympathetic, the modest, the anxious, the good, this disease prevails. Let those who have blushed at the fear of suspected nervousness, henceforth regard it rather as a test of intellectual and moral superiority. And let those who have dared to treat them uncivilly say whether they would have treated the immortal, the almost immaculate Johnson and Cowper so.

4th. It is no uncommon thing for the nervous to suppose that nobody ever has, or does, or will suffer as they do. Their ideas and

their feelings are so different from their former, so distinct from everything they expressed or heard, that they are induced to consider their case altogether peculiar. "Did you ever know a person like me?" is the inquiry of almost every applicant for a cure. Yes, is our reply. No feelings, no faculty, no passion, no mental power, no sense, escape the influence of the disease, under many more than the following symptoms:

The gentleman with the *turned head* has consulted us, but despair prevented him even commencing the use of the means that would have removed his delusion. Terror from an imperfect perception of space, a horror at crossing a bridge, agitation similar to the palpitation of a hunted hare, a dread from sufferings of confusion, involuntary blushing, etc., of going into company, a reluctance to appear in the streets from fear of meeting friends whom they esteem, but from no cause dread to see, or from a fear of being run over, or that some building will fall on them, or that they should be giddy and fall and die, are some few specimens of imaginary and real miseries of this class of sufferers. Many have

said, "My memory has become weak, I cannot sleep; if I do, I awake in a state of excitement and alarm, sometimes in horror. I cannot get any sleep for hours after I go to bed; I cannot sleep after three, four or five in the morning. When I get up, I am unrefreshed and perfectly wretched; nothing relieves me till towards night, when I get a little better. My heart palpitates when in bed. The least thing that annoys me causes my heart to beat violently. My temper has become exceedingly irritable; I am tempted to do wrong to myself; I love my children, but thoughts to their injury cross my mind. If I am at a window on any lofty position, I feel inclined to throw myself to the ground. I feel sometimes as if somebody were drawing me by my legs into the air. I am certain my heart has been turned round in me; it is not in its former place. My bowels are all gone, I am perfectly empty. Feel me, and see if it is not so. I am like the Queen of Sheba. I am dead. I died, as my husband knows, when I was delivered of my last child. I know I am only a shadow, and my children are all shadows, and the world is only an ideal

thing. I am afraid to go through a churchyard, and would rather go a mile round than see one. I am in the constant fear of going into a consumption. I often suppose I am in a consumption. I feel as if suffocated, and shall soon die. I am afraid lest the weight of the immensity of space should crush me to death. If I attempt to cross a common or large field, the idea of space frightens me; I am always obliged to ride or walk round large open spaces, as commons or fields, unless I travel in a close carriage. I cannot bear to be alone. I have a constant pain in my head, and sometimes a confusion of thoughts. I am sometimes giddy. I do not fear when alone I shall do injury to myself, but I fear something may hurt me, perhaps some evil agency may annoy me. I can find rest nowhere, I am always so fidgety and uncomfortable life is a burden to me. I am unable to attend to anything. I have been obliged to leave the office, and now I am miserable. I am tormented with the question, *How can words be the images of ideas?* When I awake, this is first in my thoughts. If I sit down to read, it prevents me from going on; if I go into

company it follows me, and prevents my peace there. I am indeed almost mad. I am instantly excited, and tremble when anybody comes into my office, and can hardly sign my name. I am always afraid some evil is about to befall me; a gloominess hangs over me I cannot shake off. I have no resolution to do anything. I am sometimes under the influence of such passions as to keep me in a state of fear and torment; I dread their consequences. When I commence to take a thing in hand I cannot go on with it. I fear God has forsaken me. I am sure I can never be saved. The decrees of God fix my final misery. God will never hear my prayers. I have lost all my property. I cannot afford it; I must have no breakfast to-day. I shall not live long; perhaps this day will be my last. There will not be money enough found when I am dead to bury me. I have been guilty of many things that I ought not to have done; and having broken the laws of the country, I ought to give myself up to justice," etc., etc. These are a few of the various descriptive expressions that the writer recollects having heard among the numerous accounts given him by suffering pa-

tients. But if your symptoms are not named in this list, they will probably be found among some of the numerous other symptoms which at this moment have escaped the writer's recollection, but which he could find by referring to his various correspondence, consisting of several thousand letters. But if the reader's symptoms should, on comparison, be dissimilar from all, and this is not impossible or improbable, it will prove no hindrance to a cure. No; these newly discovered means CURE, AS THE FACTS RECORDED IN THE PRECEDING PAGES PROVE, EVERY VARIETY OF NERVOUS OR MENTAL DISEASE.

EXPLANATORY.

Some explanatory words to the wide and ever widening circle of readers of the three great scientific and popular medical works issued under the auspices of the Peabody Medical Institute, and which are severally entitled "The Science of Life," "The Sexual Physiology of Woman," and the "Treatise on Nervous and Mental Diseases," seem necessary in this place, to prevent misapprehension. Dr. A. H. Hayes, the author of these three works, which have obtained such a wide celebrity and popularity, is still at the head of the Peabody Medical Institute, and its Chief Consulting Physician as well. And while he continues the practice of his profession, he will continue to occupy the position. The Peabody Medical Institute is a fixed fact among the medical phenomena of this country, and it will remain so. It is established on a permanent basis, and endowed with ample funds in addition to a constantly in-

A Great Physiological and Medical Work.

THE SCIENCE OF LIFE;

OR,

SELF-PRESERVATION.

BY ALBERT H. HAYES, M. D.,

Is now so well known and highly appreciated by the medical profession and the public at large, that it needs no commendation from any quarter. The sale of the work has been literally immense already, although it has not been before the public 2 years as yet. It has been purchased and read by all classes of society, and the demand for it is constantly increasing, so that two men are constantly employed in mailing it to all parts of the country, and in fact to all parts of the hemisphere. It has been translated into Spanish, and published in Havana, Cuba, where it has had a most extensive sale. These facts in regard to the circulation of the *Science of Life*, speak volumes in its praise. The author of it has innumerable testimonials from multitudes of persons, to whom it has been a guide to recovered health and happiness out of the Slough of Despond and settled gloom, consequent upon vicious habits and practices, which even threatened in some extreme cases to result in suicide or self-murder, that saddest refuge from the ills and miseries of life. The extrication of a single human being from such a fate by the perusal of the *Science of Life*, is sufficient compensation to its author for the labor of its composition. And *he knows* from the frank confession of a number of his patients, who are now well and in the full enjoyment of life and its active pursuits, that his work has been directly instrumental in saving their lives. The *Science of Life* was originally published at the request of a large number of its author's professional friends, and it has proved that its title of "Self-Preservation" is most appropriate. It has already, in the space of two years, gone through ten large editions, and a new edition is in course of preparation, with important revisions and additions.

The subjoined table of contents sufficiently explains the scope and character of the work:

ANATOMY AND PHYSIOLOGY OF THE GENERATIVE ORGANS.—Puberty, Manhood, The Morale of Generative Physiology, Generative Physiology, Relations between the Sexes, Sexual Development, Empiricism.

PHYSIOLOGY OF MARRIAGE.—Aptitude and Inaptitude for Wedded Happiness, Perversion of Marriage, Avoidance of Calamity, Physiological Facts on Generative Capacity, On Wedlock and Offspring, On Physical Contrasts *vs.* In-Breeding, Evils of In-Breeding, Matrimonial Disappointments Exemplified and Treated, Conjugal Precepts and Friendly Counsel, Useful Truths, Physical Infirmity,—Its Causes and Cure, A Vigorous Posterity.

SPERMATORRHŒA.—Its History and Causes, The Causes of Evil, The Sources of Evil, Dangers of Hypocrisy, Self-Abuse, The Curse of Ignorance and Its Avoidance, Proofs of the Extension of Vice, Venereal Imprudences Illustrated in their Effects, The Miseries of Imprudence, Miscellaneous Causes, Facts and Philosophy.

SYMPTOMS OF SPERMATORRHŒA AND IMPOTENCE.—Nocturnal and Diurnal Discharges, Multiplicity of Symptoms, Indications of Self-Abuse, Seminal Weakness, Influence of Spermatorrhœa, Effects on the Mental Faculties, Fatal Mistakes.

CAUSES AND EFFECTS OF SPERMATORRHŒA.—The Mental and Generative Machinery, Spermatorrhœa and its Victims, Self-Abuse and its Victims, Seminal Losses, Seminal Weakness and Sexual Impotence, Impotence and Sterility, Sexual Philosophy, Generative Capacity, The Curse of Self-Abuse, Impotence and Sterility, Generative Philosophy, Horrors of Self-Abuse, Sterility and Impotence, Affections of the Testicles, Miscellaneous Causes, Effects on the Testicles and Physiology of the Organ, Plain and Practical Truths, Symptoms and Effects, Friendly Suggestions.

DETECTION OF SPERMATORRHŒA.—Ancient Ignorance and Errors, Indications for Detection, Danger of Mistakes, Qualification for Inquiry, Means of Detection, Importance of Examination, Mistakes of the Learned, Pathological Failures, Morbid Complications, Medical Errors, Means of Cure, Cure for Body and Mind.

GENERAL REMARKS ON THE TREATMENT OF SPERMATORRHŒA, ETC.—Urinary Indications, True Principles of Treatment, The Author's Principles, Inviolable Secrecy and Certain Relief.

REMARKS OF THE PRESS.

CERTIFICATES.

TO PATIENTS AND INVALID READERS.

OPINIONS OF THE PRESS.

"THE SCIENCE OF LIFE; or, Self-Preservation," Dr. Hayes's new book, which is advertised in our special column, is a valuable work for old and young, as it furnishes important information in a much-neglected department. See notice.—*Waterville (Me.) Mail, Aug.* 21, 1868.

The Medical Work advertised in another column, by Dr. Hayes, and entitled "The Science of Life; or, Self-Preservation," has been received by us. It is a neat little volume of undoubted value. Its possession will amply repay the outlay necessary to obtain it. It is the authoritative opinion of a qualified practitioner, and as such will have a wide influence. Send for a copy. —*Ccos Republican, Aug.* 25, 1868.

"THE SCIENCE OF LIFE; or, Self-Preservation." A Medical Treatise on Nervous and Physical Debility, Spermatorrhœa, Impotence and Sterility, with practical observations on the treatment of diseases, etc., etc. With Illustrations. By Albert H. Hayes, M. D., No. 4 Bulfinch Street, Boston.

This work contains valuable information in reference to the physical organization of man, and conveys to the mind of inquirers information that will enable them to avoid the terrible dangers to which the unwary are exposed. It should be read by young men.—*Calais (Me.) Advertiser, Aug.* 25, 1868.

"SCIENCE OF LIFE; or, Self-Preservation." A medical treatise by Albert H. Hayes, M. D., of Boston. Published by the author.

Dr. Hayes has had a very extensive experience as a medical practitioner and lecturer, and in this treatise he has condensed the results of his observations. The book is neatly printed and contains several plates.—*Fall River News, Aug.* 22, 1868.

"THE SCIENCE OF LIFE." Dr. Albert H. Hayes, of Boston, has published a volume of 280 pages with the above title, which is a medical treatise on nervous and physical debility, with practical observations on treatment of diseases of the generative organs. It is highly spoken of by the faculty. The *Medical and Surgical Journal*, than which there can be no higher authority, says: "This is a truly scientific and popular treatise by one of the most learned and popular physicians of the day. If the young and middle-aged would avoid mental depression, all nervous diseases, premature decay and death, let them read Dr. Hayes's popular medical work entitled "The Science of Life.—*New Bedford Standard, Aug.* 22, 1868.

"THE SCIENCE OF HUMAN LIFE; or, Self-Preservation." A Medical Treatise on Nervous and Physical Debility, Spermatorrhœa, Impotence, Sterility, etc. By Albert H. Hayes, M. D.

The author of this little work has devoted many years to the study and successful treatment of the diseases to which the procreative organs of the human family are liable; and, as he states in the preface, has acquired so thorough a knowledge of their nature and the certain method of their cure, that he deems it a solemn duty to place before the public so much of that knowledge as can be conveyed through the printed pages of a comprehensive treatise on this important subject, that the great multitude who are setting out on the voyage of life may avoid the rocks and quicksands which have proved the ruin of so many of our race. See advertisement.—*Berkshire County Eagle, Aug.* 27, 1868.

"THE SCIENCE OF LIFE; or, Self-Preservation." A Medical Treatise on Nervous and Physical Debility, Spermatorrhœa, Impotence and Sterility, with practical observations on the treatment of Diseases of the Generative Organs, with Illustrations. By Albert H. Hayes, M. D., Doctor of Medicine, Honorary Member of the American Medical Society, Vice-President of Columbia College of Physicians and Surgeons in Washington, D. C., etc. Published by the Author: Boston.

The character and object of this book is quite fully indicated by the title. Dr. Hayes has a high reputation, and the information which he gives in this little volume we presume may be regarded as reliable as any physician may give. It is human to relieve those who are paying the penalty of vicious courses, but far more to induce the young of both sexes to keep to the path of virtue, health and happiness. It seems to be the object of Dr. Hayes to accomplish both these objects; and in so far as such is his purpose, and he is successful in it, he will have the thanks of every friend of his race.—*Portland (Me.) Argus, Aug.* 22, 1868.

PRICE ONE DOLLAR.

Sent by mail, securely sealed, postage paid, on receipt of price. Address,

PEABODY MEDICAL INSTITUTE,

NO. 4 BULFINCH STREET, BOSTON.

☞ The Trade supplied by the NEW ENGLAND NEWS COMPANY, No. 41 Court Street, Boston, Mass.

A NEW AND SPLENDID ILLUSTRATED WORK
ON THE
"SEXUAL PHYSIOLOGY OF WOMAN,"
By ALBERT H. HAYES, M. D.
Author of "Science of Life," etc.

This work from the pen of Dr. Hayes, on the Sexual Physiology of Woman, is in every sense the best book of the kind which has been published. The different chapters have been perused by several scientific gentlemen, while the work was going through the press, and it has elicited their heartiest approbation. It is an unique book among physiological treatises. It is a compound of the science and poetry of the subject, and is splendidly illustrated by a distinguished artist. The author has aimed at producing something more than a mere book of dry details and technical phraseology. He has popularized Physiology, and rendered it an agreeable as well as a useful study. In the language of the title-page, woman is treated of in this work physiologically, pathologically and æsthetically; and the sociological aspects of the subject, which are now being so widely discussed both in the journals, the halls of legislation and on the lecture rostrum, are also glanced at in several of the chapters. In this work the fair sex will find exactly the knowledge they need in all the relations of life, and at all its periods, whether in girlhood or maturity, in marriage or celibacy, in youth or age, in maidenhood or maternity. Not only is the subject fully discussed in its physiological and pathological aspects, but topics naturally suggested by it are treated of, such as dress, the social vice, marriage and hygiene. The chapters on these collateral topics will be found to be most full and interesting. It is elegantly gotten up typographically and so far as binding is concerned, and artistically illustrated. It will be found to be ornamental as well as useful and entertaining. Below will be found its table of contents, etc.:

Among the various chapters may be noted:

PRELIMINARY REMARKS.

INTRODUCTORY — WOMAN.

The Woman's Rights Question—The Author's Stand-point purely Physiological and Professional—Peculiar Hardships of Woman—Character of our Current Life—Object of the Present Work—Woman's Sphere—Woman's Destiny.

MYSTERY OF LIFE.

Whether Adam and Eve had a Navel—The Greatest Mystery—The Beginning of Life—God still continues to Create Species.

MARRIAGE, ITS PHILOSOPHY AND HYGIENE.

The Principle of Sex runs through Nature—Marriage the Foundation of the Family and the State—Why People do not Marry—No Genuine Life for Man without Woman; and *vice versa*—Modes of Courtship—Value of Beauty to Woman—Quotation from Milton—Marriageable Age of Women—Author's Opinion.

BEAUTIFUL OFFSPRING.

Elizabeth of Brunswick; her Beauty—Mothers should be Surrounded by Beautiful Objects of Art—Beauty begets Beauty—Effects of Christianity on Personal Beauty.

PUBERTY.

The Young Girl at Puberty to be Closely Watched—Boarding Schools and Licentious Novels.

MENSTRUATION.

Physiological Definition of Menstruation—Woman an Invalid Fifteen and Twenty Days in each Month—Premature Puberty—Age of Menstruation varies—Suppression of Menses; Causes of—Obstruction from Malformation.

MATERNITY (PHYSIOLOGICALLY CONSIDERED).

Conception—Transmission of Qualities—Quickening—Duration of Pregnancy—Parturition—Natural Labor—Unnatural Labor.

EMBRYOLOGY.

The Fœtal Child—Nutrition of—Monstrosities—Mother's Marks.

INFANCY.

The Period of Infancy—Changes after Birth—Great Mortality in Infancy—Cities Deleterious to the Young.

ABORTION.

Induced Abortion Nullifies the Purposes of Deity—The Maternal Instinct—Maternity Unfashionable—John Stuart Mill's Opinion of Progeny and Love between the Sexes—Dr. H. R. Storer's Prize Essay—The Confessional Saves Thousands of Infant Lives—Serious Consequences of Abortion, Moral and Physical—The Production of Abortion a Felonious Act—More Dangerous than Ordinary Child-bed—Ignorance as to True Character of Wilful Abortion.

BEAUTY: ITS VALUE TO WOMAN.

The Sort of a Woman to Marry—Sidney Smith's Opinion—Domestic Happiness and Good Looks—Milton's Eve—Madame de Stael, and Mary, Queen of Scots—What makes Beauty—Bulwer Lytton's Opinion—Hysterical Wives.

GENERAL HYGIENE OF WOMEN.

Women Sensitive to Atmospheric Changes—Stimulating Food and Drinks to be Avoided—Perfumes Deleterious—Influence of the Passions and Feelings on Health—Rural Pursuits—A Quotation from Michelet's "Woman."

MAGDALENISM; OR, THE SOCIAL VICE.

Remarkable Ignorance of the Subject—Society Discourages Investigation—Prostitution has Tainted the Blood of the Race with its Diseases—Prostitution in the United States—Our late Civil War increased the Vice—Perils and Shortness of a Courtesan's Life—More than Two-Thirds of the Courtesans Diseased—Possibility of Checking the Social Vice.

THE SOCIAL SCOURGE (HISTORICAL).

The Venereal Plague—The Fifteenth Century—Naples in 1495—Superstition in regard to Origin of Syphilis.

MISCELLANY.

Youth—Disappointed Love—Early Betrothals and Long Engagements—Corpulence—Marriage Excesses—Solitary Vice—Ignorance among Married People—Author's Experience—January and May—Sexual Attraction.

SEXUAL LOVE.

Object of Sexual Love—Wrong to Propagate Misery—Nature's Cunning—Prevention; when Proper.

THE CHANGE OF LIFE.

A Delicate Period—Quack Medicines to be Avoided—Should avoid Crowds and Feather Beds—This Period passed—Prospect of a Long Life—Early Infractions of the Laws of Health Punished at this Time.

THE SEXUAL FEELING IN WOMAN.

The Sexual Feeling in the Female in Abeyance—A Vile Aspersion—A Modest Woman.

PREVENTION OF CONCEPTION.

A Mooted Question—Author's Experience—A Dangerous Doctrine.

DRESS, CLEANLINESS, COSMETICS.

Dress—Fallen Decency—Sudden Changes of Garments—Dress of Females should be Loose—The Corset a Support—Tight Dresses—Effect on Heart and Lungs—Fashionable Dress and the Organs of Maternity—Quotations from Distinguished Female Writers—Costumes for different Styles of Beauty—Fresh Water as an article of the Female Toilet—Modern Cosmetics—Mostly Hurtful—Belladonna—The Mystery of Cleanliness.

THE HYSTERICAL MALADY.

The Womb the Starting-point of Hysteria—Predisposing Causes of Hysteria—Women subject to Hysteria—Symptoms—The End of the Fit—Treatment—Green-sickness—Erotomania.

THE FEMALE SEXUAL ORGANS.

BARRENNESS.

Two Kinds of Natural Barrenness—Impotence; Causes of—Falling of the Womb—Sterility or Barrenness; Causes of—Sterility in Prostitutes—The Use of Aphrodisiacs—Their Effects commonly Injurious—Treatment—No Signs to distinguish Fruitful Women.

WHITES.

Definition of—Large Cities productive of—No Age free from it—Moist Climate promotive of—Womb, Centre of Morbid Action in Females—Whites sometimes Epidemic—Suppression of Whites.

DISEASES OF THE WOMB, ESPECIALLY FALLING OF THE WOMB.

Why Female Sexual Organs are more Subject to Disease than the Male—The Womb the Centre of Impressions—First Variety of Prolapsus—Why rare in Virgins—Second Variety—Third Variety—Exciting and Predisposing Causes—Treatment—Concealment through False Modesty; Effect of—Presence of Foreign Bodies in Vagina.

DISEASES OF PREGNANCY.

The Author's Aim—Cases of Supposed Pregnancy—Depraved Conception—Moles—Salivation—Capricious Appetite and Longing of Pregnant Women.

THE NERVES AND NERVOUS DISEASES.

Dr. Hayes's book is not addressed to the better class only; there is not a mother who ought not to be imbued with its principles, and to seek for her daughters physical training as complete in its way as that she desires for her sons. We earnestly hope that the book will find, not only many readers, but earnest disciples. It will be for the benefit of the State, as well as of the individuals, if such be the case.

PRICE TWO DOLLARS.

☞ Sent by mail, securely sealed, postage paid, on receipt of price.

PEABODY MEDICAL INSTITUTE,

4 BULFINCH ST., BOSTON.

☞ The trade supplied by the NEW ENGLAND NEWS COMPANY, No. 41 Court Street, Boston, Mass.

Author Hayes, Albert H. 68346 MN. H.

Title A medical treatise on nervous affections.

NAME OF BORROWER.

University of Toronto
Library

DO NOT
REMOVE
THE
CARD
FROM
THIS
POCKET

Acme Library Card Pocket
Under Pat "Ref. Index File"
Made by LIBRARY BUREAU